

Sagittarius Flow: The Archer

Before you practice

These guides are general fitness and mindfulness content written by BLKMAT. They are not medical advice, therapy, or treatment, and they are not a substitute for a qualified yoga teacher or health professional.

- Check with a doctor or physical therapist before starting a new exercise routine, especially if you are pregnant, recovering from an injury or surgery, or managing a heart, blood-pressure, joint, or balance condition.
- Move within a comfortable range. Mild stretching sensation is fine; sharp, pinching, or electric pain, numbness, or dizziness means stop.
- If you feel faint, dizzy, short of breath, or unwell at any point, stop and rest. Get medical help if it doesn't pass quickly.
- Breathe through your nose if you can, and never hold your breath to force a pose.
- Use a wall, chair, folded blanket, or pillow for support whenever it helps. Props are not "cheating."
- Practice on a dry mat on a flat, non-slip floor. BLKMAT mats have a natural rubber base, which contains latex.

Zodiac and chakra themes in these guides are cultural and creative frameworks for choosing what to practice and what to pay attention to. They are not scientific or health claims.

A BLKMAT flow for the Sagittarius Constellation mat. About 10 minutes. Read the safety note first.

Sagittarius · Nov 22 – Dec 21 · traditional element: fire · modality: mutable (traditionally, a sign that ends a season)

Your mat: The Teapot and the archer in gold line against the glow of the Milky Way's core.

Sagittarius, the archer, is a fire sign associated with freedom and adventure. This flow is about reach and range: wide stances, long lines, and open hips.

The zodiac is a theme here, not a prescription: any sign can do any flow, and nothing about your birth date changes what your body needs today.

#	Pose	Time	How
1	Standing side reach	1 min	Arms up, reach over to the right for 2 breaths, then left. Repeat.
2	Goddess pose	1½ min	Wide stance, toes turned out, knees bent over the toes. 3 rounds of 3 breaths.
3	Warrior II with archer arms	2 min	In Warrior II, bend the back elbow as if drawing a bow while the front arm reaches long. 4 breaths each side.
4	Extended side angle	2 min	Front forearm on the thigh, top arm reaching long overhead. 4 breaths each side.
5	Wide-leg seated fold	1 min	Legs apart, knees bent, walk the hands forward a little.
6	Reclined figure-four	1½ min	Both sides.
7	Savasana	1 min	Arms and legs spread wide.

Take-away: Aim long, not hard.

New to yoga? Start with "Your First 10 Minutes on the Mat," then come back to this flow.