

Scorpio Flow: Depth

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 Scorpio Constellation mat. About 10 minutes. Read the safety note first.

Scorpio · Oct 23 – Nov 21 · traditional element: water · modality: fixed (traditionally, a sign at the middle of a season)

Your mat: Red Antares at the heart of the scorpion, the full curved tail in gold line.

Scorpio is a water sign associated with intensity and depth. This flow uses fewer poses and longer, quieter holds to let you settle in. Comfortable sensation only; depth comes from time, not force.

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	Child's pose	1½ min	Long, slow exhales.
2	Low lunge, long hold	2 min	Back knee padded. 1 minute each side; let the hips ease forward a little at a time.
3	Half splits	1½ min	From the lunge, shift the hips back over the back knee and straighten the front leg as much as is comfortable (bent is fine). 4 breaths each side.
4	Reclined figure-four	2 min	On your back, right ankle over left knee; draw the legs in. 1 minute each side. A gentler alternative to pigeon.
5	Supported fish	1½ min	Pillow or folded blanket lengthwise under the upper back.
6	Savasana	2 min	Stay as still as you can.

Take-away: Stay with it, gently.

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