

Taurus Flow: Grounded

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

Taurus · Apr 20 – May 20 · traditional element: earth · modality: fixed (traditionally, a sign at the middle of a season)

Your mat: Aldebaran and the V of the Hyades in silver line, with a faint Milky Way.

Taurus is an earth sign associated with steadiness and comfort, so this flow is slow, low to the ground, and built on long, comfortable holds.

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	Mountain pose	1 min	Feet hip-width. Rock gently forward and back until your weight feels centered.
2	Wide-leg forward fold	1½ min	Feet wide, toes slightly in, fold from the hips with bent knees. Hands on the mat, a block, or a chair.
3	Garland (supported squat)	1 min	Sit on a block or a thick book if a full squat isn't comfortable. Palms together, elbows gently pressing the knees.
4	Seated forward fold	1½ min	Legs long, knees bent, a strap or towel around the feet if helpful. Lengthen, don't strain.
5	Bridge pose	1½ min	3 rounds of 4 breaths. Feet planted, hips lift, shoulders rest.
6	Reclined twist	1½ min	Knees to one side, arms wide; 5 breaths each side.
7	Savasana	2 min	Let the floor hold your full weight.

Take-away: Slow is a skill. Let each pose be comfortable enough to stay a while.

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

