

Virgo Flow: Precision

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

Virgo · Aug 23 – Sep 22 · traditional element: earth · modality: mutable (traditionally, a sign that ends a season)

Your mat: Spica and the long figure of the maiden in platinum line, framed in fine rules.

Virgo is an earth sign associated with care and attention to detail. This flow is about alignment: fewer poses, done carefully, with one clear cue each.

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	Cue: stack ankles, knees, hips, shoulders, ears.
2	Tabletop to bird-dog	2 min	Cue: hips stay level. Extend right arm and left leg for 3 breaths, then switch. 2 rounds.
3	Plank, knees down	1 min	Cue: one straight line from knees to the crown of the head. 3 rounds of 3 breaths.
4	Triangle pose	2 min	Cue: lengthen both sides of the waist; hand on the shin or a block, not the floor. 4 breaths each side.
5	Seated twist	1½ min	Cue: grow tall on the inhale, turn on the exhale. 4 breaths each side.
6	Savasana	2 min	Cue: nothing to fix. Let it be.

Take-away: Good alignment is about comfort and control, not looking perfect.

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