



The Integration Pattern

YOUR BODY

Integration is the final practice. The body learned everything in pieces — now it needs to experience itself as whole. A full movement flow that connects every sign, every layer, every breath is the most advanced practice available.

YOUR PATTERN

Pisces feels everything and belongs everywhere and nowhere. The body can become a refuge — or it can become another place to disappear from. The final practice is coming home. Not to a pose. To yourself.

YOUR PRACTICE

- 01 Full Integration Flow — 7 minutes, all 12 signs in sequence.
- 02 Sequence: Jaw drop → Butterfly exhale → Open hand frog → Kneeling lunge → Sphinx → 90/90.
- 03 Continue: QL twist → Figure four → Dynamic hamstring → Hip CARs → Shake → Split entry → Rest.

YOUR QUESTION

Where in your body do you finally feel at home?