

WARM UP

Switch Leg Order

Head Roll

Shoulder Roll

Arms Up Side Stretch

Side Twist

Side Deep Stretch

Stretch Wrists

Roll to Tabletop

Childs pose

INTRO

Table Top

Balance Table

Knee to Elbow (x3)

Table Top

Tiger

Cat/Cow

(Both Sides)

Plank

Down Dog

Grab Ankles/Calf

Plank

Lower to Belly

Cobra

Plank

Side Plank

Plank

Down Dog

(Both Sides)

Lower to Belly

Cobra

Plank
Tabletop
Wag Tail
Hover Knees
Down dog

Step in Forward Fold
Halfway Lift
Forward Fold – 1 Arm Raise
Tall Tadasana – Backbend

Chair

Forward Fold
Plank

Flow – Chatarunga, Up Dog, Down Dog

Drop Knees
Wide Leg Child Pose
Active arms Taking them to each side

Table top
Down dog

ACTIVE PRACTICE

Raise Leg Hip Level
Bring Forward
Low Lunge on knee
Runners Lunge
Low Lunge on knee/lift back knee
Plank
Down Dog

Plank
Flow – Chatarunga, Up Dog, Down Dog

(Both Sides)

Step into Forward Fold

Halfway Lift

Forward Fold

Tall Tadasana

Standing Backbend

Chair Lift Legs

Forward Fold

Plank

Down Dog

Raise Leg Hip Level

Bring Forward

Low Lunge on knee

Arms Overhead

Slight Backbend

Lift back knee

Revolved twist

Frame Foot

Plank

Down Dog

(Both Sides)

Step in Forward Fold

Halfway Lift

Forward Fold

Tall Tadasana – Backbend

Chair Tippy Toes

Forward Fold

Plank

Flow – Chatarunga, Up Dog, Down Dog

Raise Leg Hip Level
Bring Forward
Dancing Warrior
Backbend
Warrior 2
Reverse Warrior/Side Angle x3
Warrior 2
Frame Foot
Plank
Down Dog
(Both Sides)

Flow – Chatarunga, Upward Dog, Down Dog

Step in Forward fold
Halfway Lift
Forward fold
Tall Tadasana
Standing Backbend
Hands to Heart Center
(Come Back to Intention)

Forward Fold
Plank
Down Dog

PEAK POSE

Raise Leg Hip Level
Bring Forward
Dancing Warrior
Backbend
Warrior 2
Reverse Warrior/Side Angle x3
Warrior 2
Triangle
Bring Back leg to meet the front

Forward Fold
Halfway Lift
Forward fold
Tall Tadasana
Standing Backbend
Chair Cross Leg Over
Forward Fold
Plank
Down Dog
(Both Sides)

ACTIVE RECOVERY

Raise Leg Hip Level
Bring Forward
Rotate to side mat – Wide Stance
1. Forward fold 2. Lunge
Back center and Rotate to front of Mat
Feet Together and Hang Heavy
Tadasana

Tree
Kick Out x3
Tall Tadasana
Backbend
Forward fold

Plank
1. Flow / Down Dog 2. Low Belly / Cobra

(Both Sides)

Half Locust
Locust
Locust or Bow

Bridge x2

Water Fall or Shoulder Stand

Boat x3
High Boat Low Boat

Strap Leg Stretch

COOL DOWN

Laying position
Knock Knees and windshield wipe
Knee To Chest
Happy baby
Reclined Twist
Good morning Stretch