

WARM UP

Switch Leg Order

Head Roll

Shoulder Roll

Side Twist

Side Deep Stretch

Sitting Circles

Roll to Tabletop

Thread the needle

Childs pose

INTRO

Table Top

Balance Table

Knee to Elbow (x3)

Table Top

Cat/Cow

(Both Sides)

Down Dog

Grab Ankles/Calf

Plank

Lower to Belly

Cobra

Plank

Tabletop

Hover Knees

Modified Side Plank

Tiger

Table

Down Dog

(Both Sides)

Step in Forward Fold
Halfway Lift
Forward Fold – 1 Arm Raise
Tall Mountain
Arms Up Side Stretch
Open Legs Yogi Squat
Plank

Lower to Belly
Cobra
Plank
Downward dog

ACTIVE PRACTICE

Raise Leg and open up the hips
Lunge
Warrior 1
Lunge
Plank
Side Plank
Down Dog
Plank
Flow – Chatarunga, Up Dog, Down Dog
(Both Sides)

Step into Forward Fold
Halfway Lift
Forward Fold
Tall Mountain
Standing Backbend
Chair Lift Tippy Toes
Forward Fold
Plank
Down Dog

Raise Leg
Lunge
Warrior 1
Slight backbend
Humble warrior
Warrior 1
Lunge
Plank
Flow

(Both Sides)

Step into Forward Fold
Halfway Lift
Forward Fold
Tall Mountain
Standing Backbend

Chair Crossover

Forward Fold
Plank
Down Dog

Raise Leg
Lunge
Warrior 1
Slight backbend
Hands to heart twist
Warrior 1
Lunge
Plank
Flow

(Both Sides)

Step into Forward Fold

Halfway Lift

Forward Fold

Tall Mountain

Standing Backbend

Chair

Forward Fold

Plank

Down Dog

PEAK POSE

Raise Leg

Lunge

Warrior 1

Pyramid

Warrior 3

Lunge

Plank

Flow

(Both Sides)

Step into Forward Fold

Halfway Lift

Forward Fold

Tall Mountain

Standing Backbend

Hands to Heart Center

(Come Back to Intention)

Chair Lift Legs

Forward Fold

Plank

Down Dog

Flow

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

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

Eagle

Kick Out x3
Tall Mountain
Backbend
Forward fold
Plank
1. Flow / Down Dog 2. Low Belly / Cobra
(Both Sides)

Bridge x2

Water Fall or Shoulder Stand

Boat x3

High Boat Low Boat

Strap Leg Stretch

COOL DOWN

Laying position

Knock Knees and windshield wiper

Knee To Chest

Happy baby

Reclined Twist

Good morning Stretch