

## **WARM UP**

Switch Leg Order

Head Roll

Arms Up Side Stretch

Seated Side Twist

Seated Side Deep Stretch

Roll into Tabletop

Childs pose

## **INTRO**

Table Top

Balance Table

Knee to Elbow (3)

Table Top

Tiger

Cat/Cow

**(Both Sides)**

Plank

Downward Dog

Grab Ankle/Calf

Plank

**Flow** – Chatarunga, Upward Dog, Downward Dog

Plank

Downward Dog

Plank

Side Plank

**(Both Sides)**

**Flow** – Chatarunga, Upward Dog, Downward Dog

Step into Forward Fold

Halfway Lift

Forward Bend – Arm Twist

Tall Tadasana – Backbend

Chair

Forward Fold

Plank

**Flow** – Chatarunga, Upward Dog, Downward Dog

Drop Knees

Wide Leg Child Pose

**(Come Back to Intention)**

Table top

Downward dog

**ACTIVE PRACTICE**

Raise Leg Hip Level

Bring Forward

Dancing Warrior

Hands to Heart -Twist

Frame Foot

Plank

Downward Dog

**(Both Sides)**

Plank

**Flow** – Chatarunga, Upward Dog, Downward Dog

Step into Forward Fold

Halfway Lift

Forward Bend – Arm Twist

Tall Tadasana

Standing Backbend

Chair Legs up

Forward Fold

Plank

**Flow** – Chatarunga, Upward Dog, Downward Dog

Raise Leg Hip Level  
Bring Forward  
Dancing Warrior  
Clasp arms behind and open chest  
Arms Up Revolved twist  
Frame Foot  
Plank  
Downward Dog  
**(Both Sides)**

Step into Forward Fold  
Halfway Lift  
Forward Bend  
Tall Tadasana – Backbend  
Chair Tippy Toes  
Forward Fold

Plank  
**Flow** – Chatarunga, Upward Dog, Downward Dog

### **PEAK POSE**

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

Tall Tadasana  
Standing Backbend  
Chair Cross Leg Over  
Forward Fold  
Plank  
Downward Dog  
**(Both Sides)**

## **ACTIVE RECOVERY**

Raise Leg Hip Level

Bring Forward

Rotate to side mat – Wide Stance

Forward fold

Lunge Both Sides

Back center and Rotate to front of Mat

Feet Together and Hang Heavy

Tadasana

Tree

Kick Out x3

Forward fold

Plank

**Flow** – Chatarunga, Upward Dog, Downward Dog

Forward Fold

Plank

Downward Dog

Raise Leg Hip Level

Bring Forward

Rotate to side mat – Wide Stance

Forward fold

Hang Heavy, Clasp Arms Behind You

Back center and Rotate to front of Mat

Feet Together and Hang Heavy

Tadasana

Tree

Kick Out x3

Forward fold

Forward Fold

Plank

Downward Dog

Drop Knees

Seated Swing Legs

## **COOL DOWN**

Boat x3

Bada Konasana (forward fold)

Dandasana – (seated forward bend)

Laying position

Knee To Chest

Happy baby

Reclined Twist

Good morning Stretch