

## **CENTERING**

Reclined Butterfly

Knees together Feet Wide Windshield

Hug Knees in & turn to side come to Heros Pose

## **WARM UP**

Head Roll

Shoulder Roll

Side Twist

Come to knees

Clasp hands open heart

Hands up & Backbend

Tabletop

Thread the needle

Wide Leg Childs pose/hands to each side

## **INTRO**

Table Top

Balance Table

Hands down/Leg side & Raise Arm

Table Top

Cat/Cow

**(Both Sides)**

Down Dog

Grab Ankles/Calf

Plank

Lower to Belly

Cobra

Plank

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  
Dancing Warrior  
Hands to Heart -Twist  
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  
Forward Fold  
Plank  
Down Dog

Raise Leg  
Lunge  
Dancing Warrior  
Slight backbend  
Clasp arms behind and open chest  
Arms Up Revolved twist  
Dancing Warrior  
Plank  
Flow  
**(Both Sides)**

Step into Forward Fold  
Halfway Lift  
Forward Fold  
Tall Mountain  
Tippy Toe Side Bend  
Standing Backbend  
Forward Fold  
Plank  
Down Dog

Raise Leg  
Warrior 2  
Reverse Warrior/Side Angle x3  
Warrior 2  
Triangle  
Warrior 2  
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  
Warrior 2  
Triangle  
Half Moon  
Warrior 2  
Reverse Warrior  
Warrior 2  
Plank  
Flow

**(Both Sides)**

Step into Forward Fold  
Halfway Lift  
Forward Fold  
Tall Mountain  
Standing Backbend  
Hands to Heart Center  
**(Come Back to Intention)**

Forward Fold  
Down dog 3 breaths

## **ACTIVE RECOVERY**

Raise Leg Hip Level

Pigeon

Raise Leg and open hips

Downward Dog

Step to top of mat

Forward fold

Tadasana

Tree

Kick Out x3

Tall Mountain

Backbend

Forward fold

Plank

**1. Flow / Down Dog 2. Low Belly / Cobra  
(Both Sides)**

Table

Camel x3

Table

Childs Pose

Water Fall or Shoulder Stand

Boat

High Boat Low Boat

Boat

## **COOL DOWN**

Leg stretches

Laying position

Knock Knees and windshield wiper

Knee To Chest

Happy baby

Reclined Twist

Good morning Stretch

