

Warm Up

Come to hands and knees. Take 3 rounds of Cow/Cat, inhaling to Cow, exhaling to Cat. Then hover your knees off the ground and shift hips back to Downdog.



Cow



Cat



All 4s --> Lift Knees

In Downdog make sure you have a long spine! Bend knees if needed! Take 5 breaths in Downdog. Then walk forward to a Standing Forward Fold.



Downdog (Stage 1)

{Bent knees, straight spine}



Downdog (Stage 2)

{Straighten legs, straight spine}



Standing Forward Fold

{Blocks under hands}

Common Misalignment: Downdog



A rounded spine is a no-no. Instead, bend your knees to lengthen your spine (see stage 1)

Half Sun Salutations

Start standing, move through the flow with your breath! Inhales always lift you forward/up, and exhales always help you fold in/down.



Mountain



Arms Uplifted



Forward Fold
(Stage 1)



Forward Fold
(Stage 2)



Half Lift

{Palms to shins}



Standing Forward Fold



Arms Uplifted



Mountain

Warrior 2 Flow

Step or hop out wide to a wide stance, ankles under wrists. Then move into these lateral angles poses, keeping the front shin vertical, front knee open.



Wide Stance



Warrior 2



Reverse Warrior



Extended Side Angle

Warrior 1 --> Tree Flow

From Warrior 1, come to the ball of your back foot, transfer the weight into your front foot and step into your version of Tree pose.



Warrior 1



Tree (Stage 1)
{Ball of foot to floor}



Tree (Stage 2)
{Foot to inner calf}



Tree (Stage 3)
{Foot to inner thigh}

Bridge --> Counterposes --> Relaxation

Use a Half Sun Salutation to flow to a standing forward fold, step back to Downdog, and then bring knees to the floor for Child's Pose. Then we'll roll down to the back, take Bridge Pose, wind down with some hip opening and twisting, and then rest in Savasana.



Child's Pose



Core Roll Down



Bridge (Stage 1)
{Arms bent}



Bridge (Stage 2)
{Hands interlaced behind}



Reclined Pigeon



Reclined Twist



Savasana (Relax)
3-5 minutes



Closing Seat