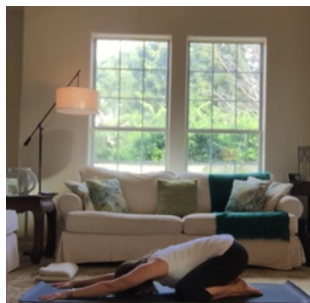


### Warm Up

Breathe deeply in Easy Seat with Ujjayi breath (inhaling and exhaling through the nose). Then relax in Childs Pose. Open the spine with 3 rounds of Cow/Cat. Then extend/crunch opposite leg and arm for Tiger Pose.



Easy Seat



Child's

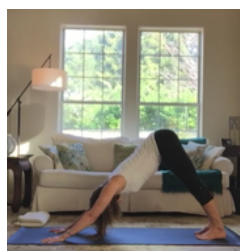


Cow/Cat (3x)

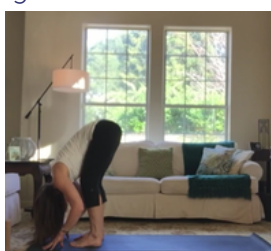


Tiger Pose - Extend --> Opposite  
Knee to Elbow

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.

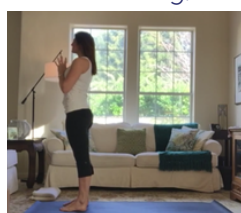


Downdog

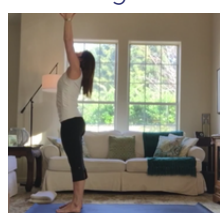


### Full Sun Salutation (Surya Namaskar A)

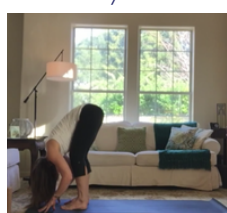
Start standing, move through the flow with your breath!



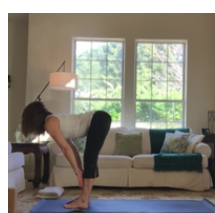
Mountain



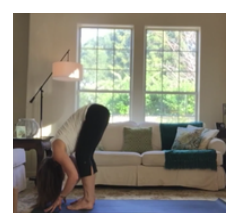
Arms Uplifted



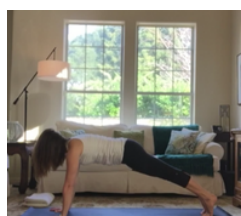
Forward Fold



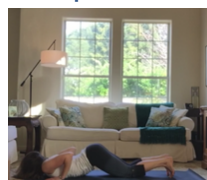
Half Lift



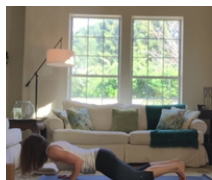
Forward Fold



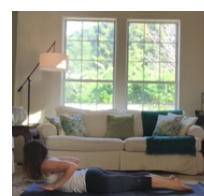
Plank



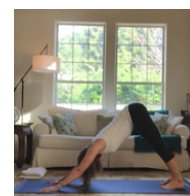
Chaturanga Stage 1  
{Knees-Chest-Chin}



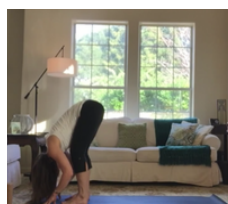
Chaturanga Stage 2  
{Knees Down}



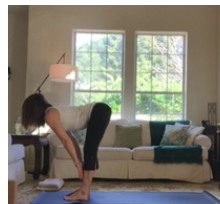
Cobra - Hover Hands



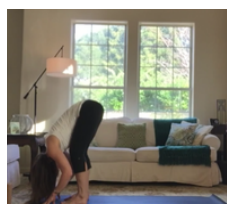
Downdog



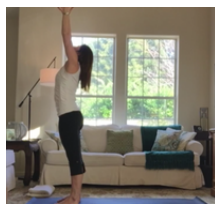
Forward Fold



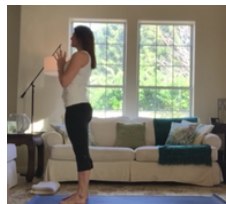
Half Lift



Forward Fold



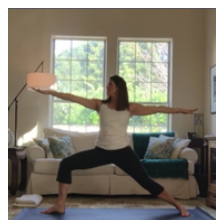
Arms Uplifted



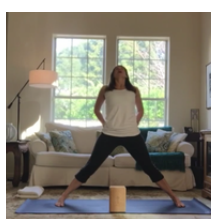
Mountain

## Warrior 2 to Wide Legged Forward Fold Flow

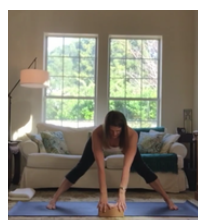
Practice the first part of a Sun Salutation to a Forward Fold. Then step one foot back into a lunge, spin your back heel down, and come up into Warrior 2. Then transition to a Wide Legged Forward Fold.



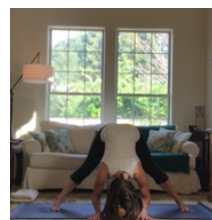
Warrior 2



{Backbend stage}



{Half fold stage}

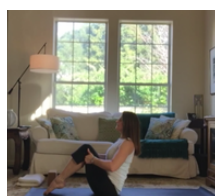


{Full fold stage}

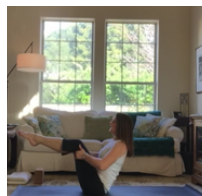
Wide Legged Forward Fold

## Navasana / Boat

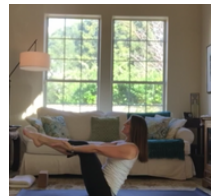
Come to sit, and take one of these versions of Boat Pose.



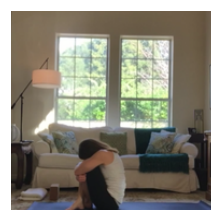
{Stage 1: Heels Lifted}



{Stage 2: Shins Parallel to Floor}



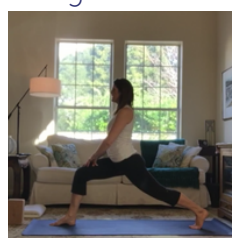
{Stage 3: Shins & Arms Parallel to Floor}



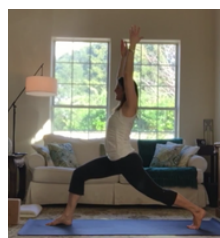
Cross Shins and Hug Knees

## High Lunge to Warrior 3 Flow

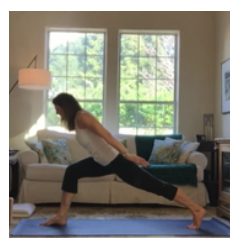
From a Standing Forward Fold, step back to a High Lunge and then hinge forward and stand into your front leg for Warrior 3.



High Lunge  
{Stage 1: Hands to Thigh}



High Lunge  
{Stage 2: Arms Up}

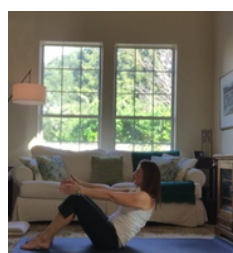


High Lunge  
{Transition: Tilt Forward}

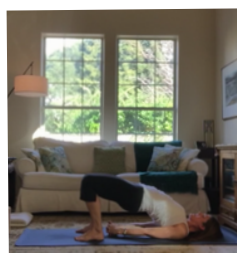


Warrior 3

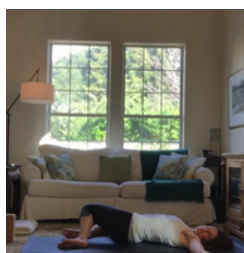
## Bridge --> Counterposes --> Relaxation



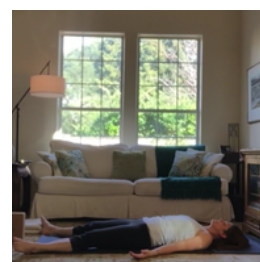
Core Roll Down



Bridge



Reclined Twist



Savasana (Relax)  
3-5 minutes