

Warm Up

Start in Easy Seat and use the mantra "So Hum" or "I am" as you breathe. Then stretch in Childs Pose. Open the spine with 3 rounds of Cow/Cat. Then lift the hips to Downdog. Walk forward to a Standing Forward Fold, and then lift up to stand in Mountain.



Easy Seat



Child's



Cow/Cat (3x)



Downdog



Standing
Forward Fold

Full Sun Salutation (Surya Namaskar A) 2x

Start standing, move through the flow with your breath!



Mountain



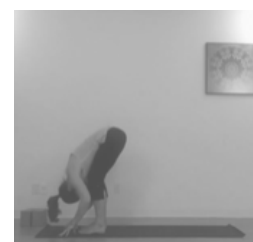
Arms Uplifted



Forward Fold



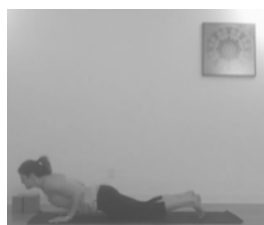
Half Lift



Forward Fold



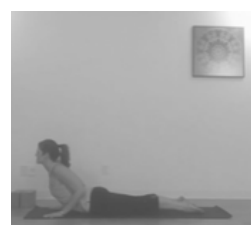
Plank



Chaturanga (Stage 1)
{Knees Down}



Chaturanga (Stage 2)
{Legs Straight}



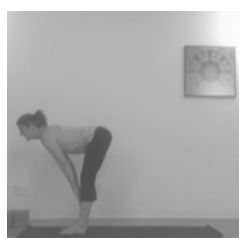
Cobra



Downdog



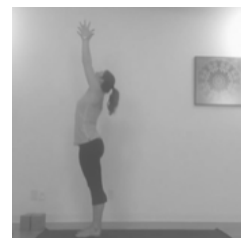
Forward Fold



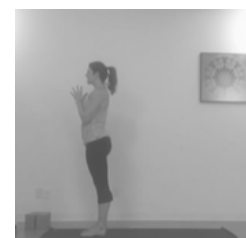
Half Lift



Forward Fold



Arms Uplifted



Mountain

Downdog Split to Low Lunge to Half Splits to Triangle Flow

Practice another Sun Salutation to Downdog. Then lift one leg to Downdog Split as you inhale, and as you exhale, bring your thigh to your chest for Core Plank. Repeat 3x and one 3rd Core Plank, look between your hands and lightly step your foot between your hands into a Lunge.



Downdog Split --> Core Plank (3x) --> Step to Lunge (Stage 1)
{Hand to Heel to Assist}

Step to Lunge (Stage 2)
{Step Between Hands}

Bring back knee down and lift arms up for a Low Lunge, then bring hands down and shift hips back, straightening front leg. Move through a Vinyasa, and then move through the whole flow on the other leg. From Downdog, lift the leg into Downdog Split, step forward to a Lunge, and come into Triangle.



Low Lunge --> Half Splits -->



[Vinyasa]

{Plank --> Chaturanga --> Cobra --> Downdog}



--> Triangle

Buddha --> Squat

Balance in Buddha, then come into a Squat. Lift the hips to a Forward Fold, and then step back to Downdog.



Buddha (Stage 1)
{Hands to Hips}



Buddha (Stage 2)
{Hands in Prayer}



Yogic Squat



Seated Hip Openers --> Bridge --> Relaxation

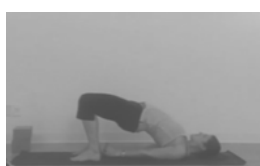
From Downdog, come into Pigeon (both sides). Swing back leg around and come into Cobbler's. Then roll down, lift the hips into Bridge, and then relax in Constructive Rest for 2 minutes. Finally, Savasana.



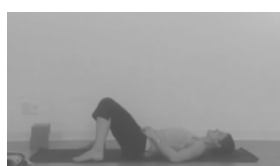
Pigeon



Cobbler's



Bridge



Constructive Rest

2 minutes

{Knees together, feet wide}



Savasana (Relax)

3-5 minutes