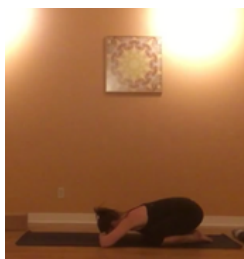


Warm Up

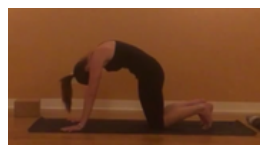
Start in Easy Seat. Breathe in Ujjayi breath, and cultivate an even length in your inhale and exhale. Stretch in Child's Pose, open the spine with 3 rounds of Cow/Cat. Then lift the hips to Downdog. Walk forward to a Standing Forward Fold, and then lift up to stand in Mountain.



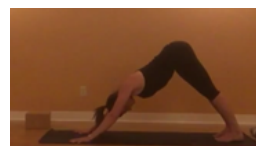
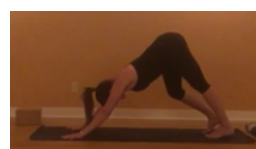
Easy Seat



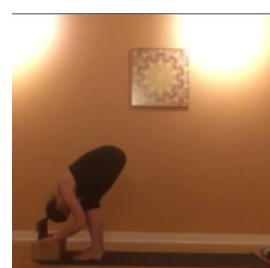
Child's



Cow/Cat (3x)



Downdog



Standing
Forward Fold

Sun Salutation A (Surya Namaskar A) 1x

Start standing, move through the flow with your breath! When you step back into a Lunge from the standing forward fold, step back with your left leg so the right foot is in front.



Mountain



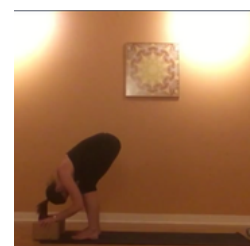
Arms Uplifted



Forward Fold



Half Lift



Forward Fold



Lunge
{Step left foot back}



Plank



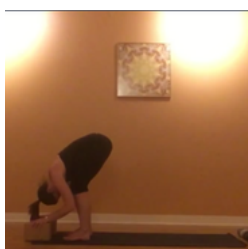
Chaturanga (Stage 1)
{Knees Chest Chin}



Cobra
{Hover Hands}



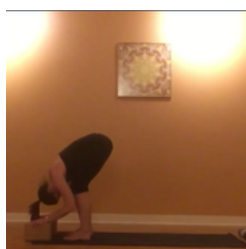
Downdog



Forward Fold



Half Lift



Forward Fold



Arms Uplifted



Mountain

Sun Salutation B (Surya Namaskar B)

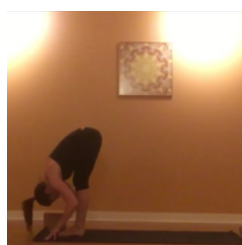
For Sun Salutation B, we'll add a Chair Pose and a Warrior 1 on both legs into the flow. From your standing forward fold, step back with your right leg so the left foot is in front. There are 3 vinyasas in a single Sun Salutation B! Enjoy your breath as you move!



Chair (Stage 1)
{Arms in Front}



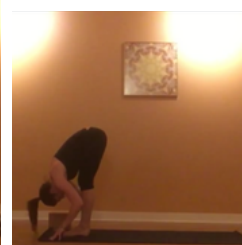
Chair (Stage 2)
{Arms Up}



Forward Fold



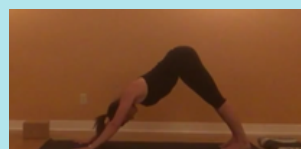
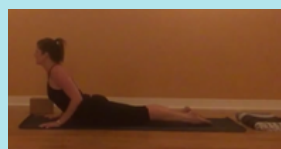
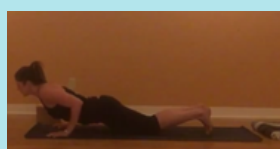
Half Lift



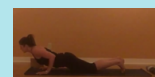
Forward Fold



Lunge
{Step right foot back}

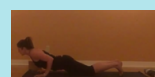


[Vinyasa] {Plank --> Chaturanga --> Cobra --> Downdog}



[Vinyasa]

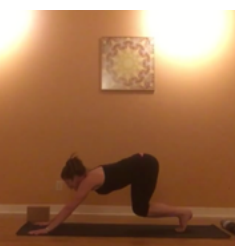
Right Leg : Downdog Split --> Core Plank --> Warrior 1 -->



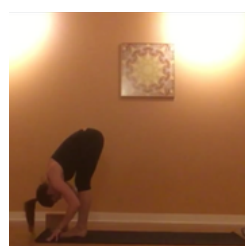
[Vinyasa]

{Rest in Downdog for 5 breaths}

Left Leg : Downdog Split --> Core Plank --> Warrior 1 -->



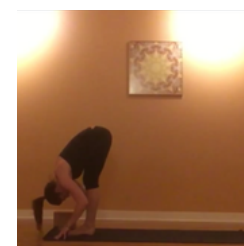
**Prep to Hop
Forward**



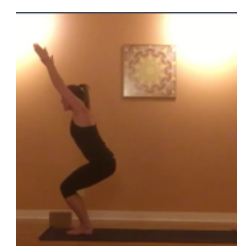
Forward Fold



Half Lift



Forward Fold



Chair



Mountain

Low Lunge Twist --> Warrior 2 --> Triangle --> Wide Leg Forward Fold Circular Flow --> Crow

Interlace your hands behind your back in Mountain, Chair, and a Forward Fold to begin the flow. Then step your left leg back into a Lunge to start this fun half-circular flow that will turn you toward the back of your mat for the second leg. We'll end in the middle of the mat in a wide stance.



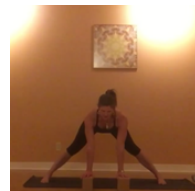
Bound Mountain



Bound Chair

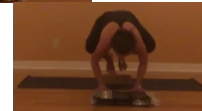


Bound Forward Fold



Low Lunge Twist --> Warrior 2 --> Triangle (Stage 1 / Stage 2) --> Wide Legged Forward Fold (Stage 1/ Stage 2)
 {gaze down/up, top hand on hip/extended} {arms straight/elbows bent}

--> {Walk hands into a Lunge at the back of mat and repeat flow on the other leg} -->



Low Lunge Twist --> Warrior 2 --> Triangle -->

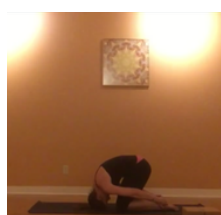
Wide Stance

Yogic Squat

Toe Squat to Crow

Rabbit (Headstand Prep) --> Bridge --> Stretch --> Savasana

Kneel, and then come into Rabbit pose. Then roll down, take Bridge, and then close the practice with Hand to Big Toe Pose and Happy Baby. Then rest in Savasana.



Rabbit



Core Roll Down



Bridge



Hand to Big Toe



Happy Baby



Savasana (Relax)
3-5 minutes