

July 2018

- ① Cross legged
- ② Full Yogic Breath
- ③ 3 rounds on

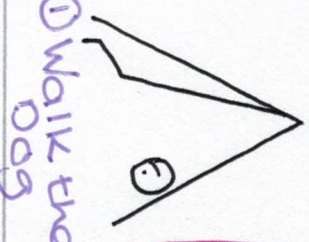
① Child's Pose



Inhale  
Caw  
Exhale  
cat

Repeat x 3 rounds  
Breath

① Walk the Dog



Gate Pose

\* Repeat Dog, then gate pose on other leg.

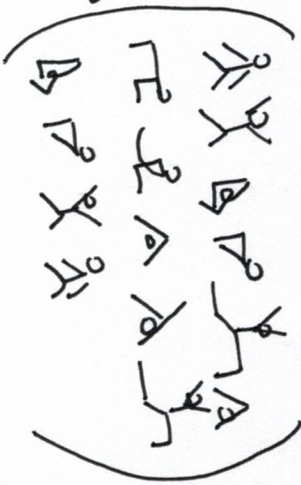


① Dog walk to forward bend. Elbows dropped



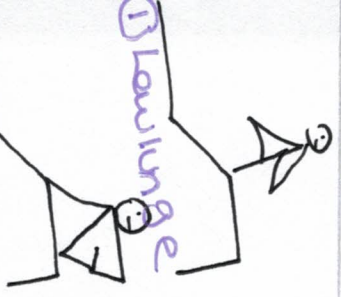
Surya Namaskar A with addition of x2 rounds

low lunge

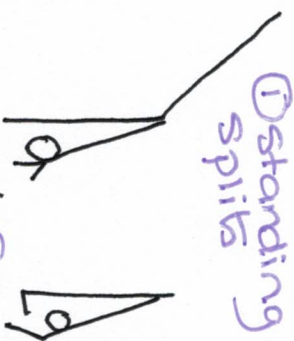


\* Repeat whole sequence on other leg

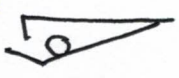
① Chair Pose  
② Reverse Namaste



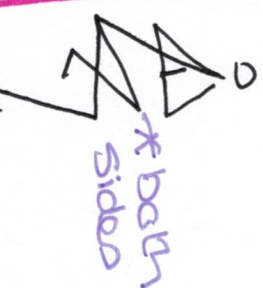
① Low lunge  
② Add Twist



① Standing splits



① Forward Bend



\* Dhan sides

① Standing Pigeon

\* Complete sequence - Both sides

High lunge

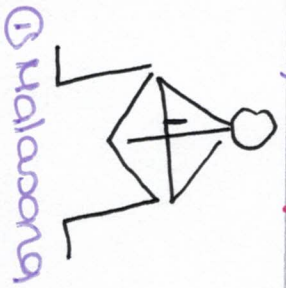
use wide forefoot



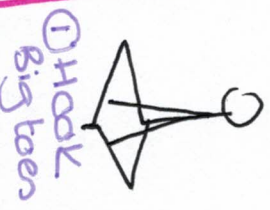
① Cat pulling tail each side



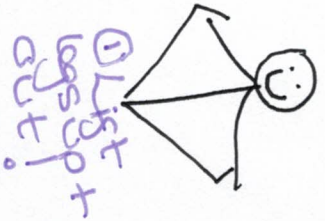
③ Donkey's Pose each side



① Malasana



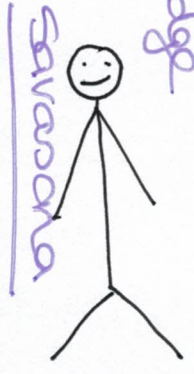
① Hook Big toes



① Lift legs up + cut!



① Bridge



Savasana