

Slow Flow

(3 - 5 breath holds for postures)

Child's Pose - establish breath/ arm stretch

Cats and cows

Gate pose flow

Puppy pose

Table

(Repeat gate + puppy)

Table

Down Dog

Mountain

(R)Warrior 1 - eagle arms

chair/eagle arms

Mountain

(L repeat)

Mountain

Forward fold

Chair /prayer hands twist

Forward fold

Child's pose

Downdog - step to mountain

Warrior 2 - dancing warrior

Triangle

(Repeat opposite side)

Seated Butterfly

Staff pose

Knees to chest

Lizard laying down (R & L)

Legs up the wall

Savasana (7- 10 minutes)