

Start on you back, a few centering breaths

Supta Padangusthasana

- Each side
- Draw torso up and forward towards the extended leg/switch

Low Runners Lunge (5 on each side)

- In - arms up
- Ex - forward
- In - open wide
- Ex - flow down

Low Runners Lunge X Ardha Hanumanasana (10)

Low Lunge SA x Twist

Vasisthasana

Plank - Flow

Padangusthasana (5 breaths)

Pada Hastasana (5 Breaths)

Flow

W2 - SA - arms extended to the opposite corners of the mat

Low Lunge

Standing Splits

Ardha Chandrasana w/ knee bent

W2

Flow

W1 - Pyramid (5)

- In - arms up
- Ex - forward
- In - wide
- Ex - down to Pyramid

Humbled W

SS - Utkatasana

Utkatasana Twists

UHP - W3 - Tipping Tree (flow x 5)

Prayer Twist - Three legged dog , open hip

Walk hands back to SS - Utkatasana

Flow

Dynamic Locust - Flow
Dandasana
JS
Paschimottanasana
Heron Twist
Ardha Supta Virasana
King Arthur
Hanumanasana
Floating Bridge
Supta Upavista Konasana
Supine Twist
Navasana with ankles crossed
Sukhasana w/ Brahmari
Savasana