

Savasana, connect w/ breath

Tadasana on back, block lengthwise between palms, arms extended

Inhale arms overhead

Exhale arms in front

Supta Padangustasana (reclining hand in foot pose, with strap) I & II
roll up, meet in **Table Top**

Cat/Cow/Child's Pose flow, on own breath

Child's Pose to **Downward Facing Dog**

Plank to **Downward Facing Dog** flow, end in **Downward Facing Dog**

Walk feet to outsides of hands, squat into **malasana**, using blocks as a shelf to sit on if heels do not reach ground. **Twist**, R/L

Extend legs, parallel off the feet, **forward fold** with as deep as a knee bend that's needed. Hold opposite elbows. Shake head no, yes, sway hips.

Hands to hips, rise up with flat back to **tadasana**.

2x ½ Surya Namaskara A (sun salutation):

Inhale arms overhead **utthita hastasana in tadasana**

Exhale forward fold **uttanasana**

Inhale **ardha uttanasana** (halfway up, flat back)

Exhale fold **uttanasana**

Inhale rise up, arms overhead **utthita hastasana in tadasana**

Exhale **tadasana**, hands at sides

2x Surya Namaskara A (stepping back, without chaturanga)

Then:

Inhale arms overhead **utthita hastasana in tadasana**

Exhale forward fold **uttanasana**

Inhale **ardha uttanasana**

Exhale step left foot back **low lunge** to hold - use blocks on either side of front foot

Drop back knee, **anjaneyasana**, hands on blocks

Straighten front leg, walk hands and blocks back to **half hanumanasana** (half split)

Flow **half hanumanasana** to **anjaneyasana**, ending in **anjaneyasana**.

On side with bent knee, move block away from torso to the right and keep hand there, extend opposite arm, **side bend** to right

Return to center

Bring hands to inside of right foot, stay there, or lower forearms onto block or mat, **lizard pose**

Come back onto hands, frame front foot, step back **plank** 3 breaths

Downward facing dog or child's pose 3 breaths

Walk feet to outsides of hands, **malasana** (sitting on blocks if nec.) and **twist** R/L
Press into feet, parallel feet off, rise up **utthita hastasana in tadasana**

Tadasana

Repeat stepping back with right foot.

2 x **Surya Namaskara B**, 1st time with **half chaturanga to baby cobra**, 2nd time option to do **full chaturanga to upward facing dog**, or skipping vinyasa to **downward facing dog or child's pose**

vrksasana (tree pose) R/L

vinyasa to **plank/half plank**

lower down to belly on 5 count

anantasana prep: Lie on right side. Extend right arm along mat, palm down. Bring left hand in front of body and use it for balance. Flex feet, engage core. Make the body look like an exclamation mark! Bend left leg as though going into tree pose, but place sole of foot on mat. Keep opening the left thigh. Bend right elbow and rest head in palm. Extend left hand in front of left knee to encourage opening.

Repeat on left side.

anantasana prep, or anantasana: Begin with prep. Stay here, or hug left knee into chest. Loop strap around ball of left foot and take straps into left hand (or yogi toe hold). Extend left leg, open the left thigh so that the toes are pointing toward the sky. If using strap, walk hand up strap so that the left arm is also extended.

Repeat on left side.

2 x **setu banda** (bridge pose) w/ block between thighs

figure 4 stretch on back

supine twist with one leg extended

happy baby

savasana