Wide leg child’s pose (1min)

Hip rotations
10 forward and 10 backward circles each direction.

Downward dog
(3 breaths)

Hold static poses for at least 5 breaths.
If you are unsure how to do a pose please visit www.yogajournal.com You will find detailed instructions under the pose tab.

Start with the right leg forward then repeat the series on the left side

Start with the right leg forward then repeat the series on the left side

Start with the right leg forward then repeat the series on the left side

Lunge
knee off the floor

Lunge
knee on the floor

Half Splits

Downward dog
(3 breaths)

Chair pose flow (X5)
Inhale standing with your arm up then exhale into a forward fold.
Inhale back to stand and exhale into chair pose. Repeat 5 times.

Start with the right leg forward then repeat the series on the left side

Downward dog
(3 breaths)

Triangle

Extended side angle

Downward dog
(3 breaths)

Pigeon
Right leg forward then come into downward dog and then bring the left leg forward.
(option to come to the forearms or extend all the way down to your stomach)

Pigeon modification

Bound angle
Option to stay up or fold forward.

Reclined bound angle

Reclined spinal twist
Twist to the right then the left.

Gecko
Right leg forward then come into downward dog and then bring the left leg forward.
(stay on your hands if you can’t come down to your forearms)

Cow
(Keep bottom leg extended if there is lots of space between the knees.)

Relaxation
If possible relax for 5min or more.