


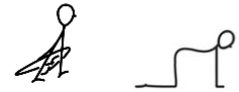

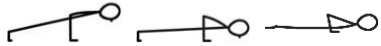

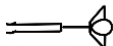




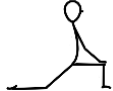

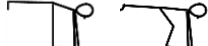









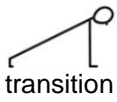


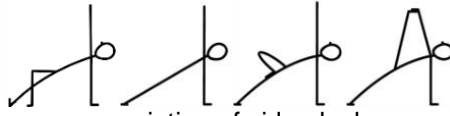


<p>1</p>	 easy pose	 wrist stretch reverse hands / walk the hands forth and back a little	 wrist stretch turn hands / pinkies touch walk hands forth and back	 cross ankles / to all fours
<p>2</p>	 plank pose push the mat away round shoulders 10 b	 lower down slowly turn elbows in	 locust pose draw your belly in and up pick up your toes open and close legs	 sleeping crocodile rest your forehead
<p>3</p>	 down dog 5 b	 heel push ups 5 x	 transition	 warrior I (heel up) 5 b
 hip opening low lunge	 pyramid pose 5 b	 warrior III 10 squats	 cross legged forward fold	
 back bend cross legged	 cross legged and parallel side bend	 rock down and up again 5 times	 stop in a seated position	
 transition to down dog	 transition to down dog	 transition to down dog	 transition to down dog	

4



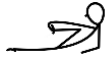
transition



any variation of side plank



side stretch / feet stacked
push upper hip forward



knee to nose
hold outside of foot



knee to nose
straighten leg to the front



lying on one side / back bend
draw yourself like a bow



stretch quadriceps
press foot in



hold outside of foot
of the bottom leg and
straighten it to the front
simultaneously lift hip



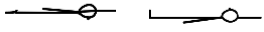
on your stomach
draw yourself like a bow
this warms up the muscles



half frog pose
draw foot in



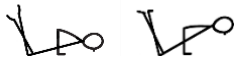
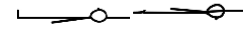
arm stretch



transition to the back



hand underneath ribcage
roll to that side
option of pushing down wrist



5 push ups



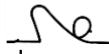
transition



down dog / walk it out



II.

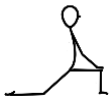


extended puppy pose
10 b



neck stretch
knees apart

5



transition



extended side angle
elbow resting on knee



extended side angle
fist alongside lower leg



goddess squat
make micro adjustments



half forward bend
hands above the knees
push arms straight



back bend



forward fold



goddess squats
20 x



pyramid pose



extended leg squat
you come in and out of it
5 x raising up and down
be mindful don't collapse the arches, protects your knees



pyramid pose



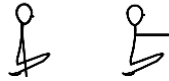
transition



6



lift one knee
then the other



lift both knees



transition



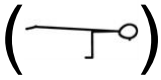
staff pose hip lift
3 x



half lotus forward fold
switch legs swiftly left to right / move with it.
2:30 min.



cross your arms touch thumb to ring finger
soft arms they can rest on the legs or where they naturally fall
1 min



if there is any menstruation issue (endometriosis) be careful with it

peacock block variation
knees wide

rest edge of the block at the top of the cubic bone
fold forward keep hips low / holding block at a diagonal
block pushes into the belly and stimulates samana vayu contact point
3:30 min.

7



garuda legs twist
leg left on top, left elbow to this knee, twist to the right
(spine is getting at twist but not the belly / twist for pregnant women)
left leg on top, right elbow to this knee / twist to the left
(standard twist for spine and organs)



throat stretch
lifting right and left elbow up
fluidly / creates space in spine



gentle forward fold



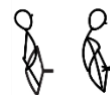
8



bound angle with block between feet
push feet against block / stabilize / balancing hips
use that force to look for neutral between both hips
3 min.



bound angle



inhale elbows in, arch back
exhale elbows out, round spine
create space in your body
20 x



bound angle twist left
right hand grabs left ankle
left hand behind, finger stance
other side



throat stretch



slight forward fold

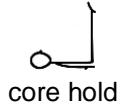


block between knees
constant squeeze of inner thighs
hold each pose



bound angle forward fold
with blocks and bolsters / surrender
gravity keeps hugging you down
4 min.

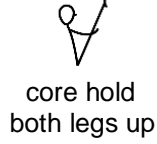
9



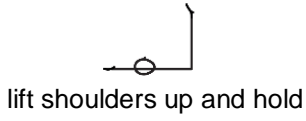
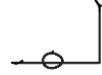
core hold



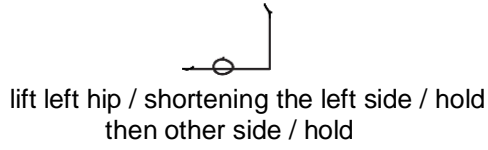
core hold
switch legs 4 x



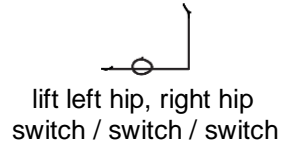
core hold
both legs up



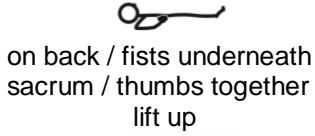
lift shoulders up and hold



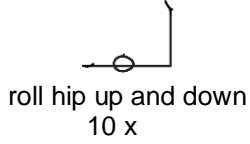
lift left hip / shortening the left side / hold
then other side / hold



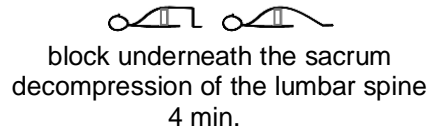
lift left hip, right hip
switch / switch / switch



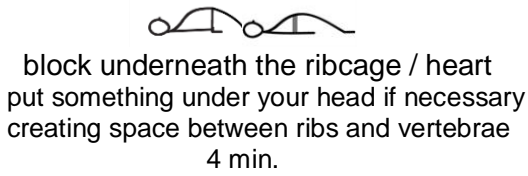
on back / fists underneath
sacrum / thumbs together
lift up



roll hip up and down
10 x



block underneath the sacrum
decompression of the lumbar spine
4 min.



block underneath the ribcage / heart
put something under your head if necessary
creating space between ribs and vertebrae
4 min.

10

shavasana

