



Breathe. Move. Smile.

Sun Salutations

See Separate Attachment for these poses

- Classical 3x: Add in different lunges and twists as desired
- Series A 3x
- Series B 3x: Move gracefully through the poses, be aware of prepping yourself for Warrior poses.

Standing Poses

Use vinyasa transitions through the following standing poses

Triangle



Warrior II



Extended Right Angle



Half Moon



Warrior I



Warrior III



Twisting Triangle/Standing Straddle Fold Twist





Breathe. Move. Smile.

Core & Backbends

Vinyasa down to the floor

Navasana: Lying Boat



Navasana



Standing Arch



Camel



Bridge



Wheel



Releasing Backbends/Transition to Seated

Embryo



DownDog



Forward Fold



StandHand





Breathe. Move. Smile.

Seated Forward Folds

Janusirsasana



Paschimottanasana



Hip Openers

Cobbler



Straddle Splits



Cradle the Baby



Twist

Seated Spinal Twist





Breathe. Move. Smile.

Inversions

Dolphin



Headstand



Shoulder Stand



Fish



Finishing Poses

Sukhasana



Savasana

