

Beginning

Childs Pose



Downward Dog



Right Leg step-through
Both feet together for Rag-Doll



Roll up slowly hands to heart

Sun Salutation Flow

Mountain Pose



Flat Back Forward Fold
Half-way Lift
Fold
Step back to plank



Chaturanga



Flip feet - arch into Upward Dog
Don't let your body touch the ground



Downward Dog
Right Leg High



Step through to low lunge
Left leg meets right
Flat back to mountain pose

Repeat 1 more time with left leg

Warrior 2 Flow

Downward Dog
Right Leg High
Step through to Low Lunge
Spin back heel
Cartwheel up into Warrior 2 (hang out for a while)



Extended Side Angle (hang out for a while)



Reverse Warrior (hang out for a while)



Cartwheel hands to low lunge
Step back to plank
Chaturanga
Flip-feet Upward Dog
Repeat on Left side

Crescent Series

Downward Dog
Right Leg High
Step through to Low Lunge
Crescent Lunge (hang out here)

Eagle Series

Downward Dog
Right Leg Step Through
Chair Pose



Left over right for Eagle Pose



Come out of Eagle Pose to
Parallel Tree



Glide into Warrior 3



Glide to Standing Split Pose



Legs come down roll up to standing
Repeat Left Side

Pigeon, Calf & Foot Stretches

Downward Dog
Right Leg High
Right Leg over Left & Stretch Calf
Right Leg High
Through to Pigeon



Back to Downward Dog
Repeat Left Side
Foot Stretches

Foot Stretches



Shavasana



Release into Runners Lunge



Right arm to the sky for a twist



Downward Dog
Chaturanga
Repeat Left side

Triangle Series

Downward Dog
Right Leg High
Step through to Low Lunge
Open into Warrior 2
Straighten leg to Triangle Pose



Both Hands to Star Pose



Spin heels out
Wide Leg Forward Fold



Flat back lift
Warrior 2
Cartwheel down to Low Lunge
Downward Dog
Chaturanga
Repeat Left side