

• 30 mins

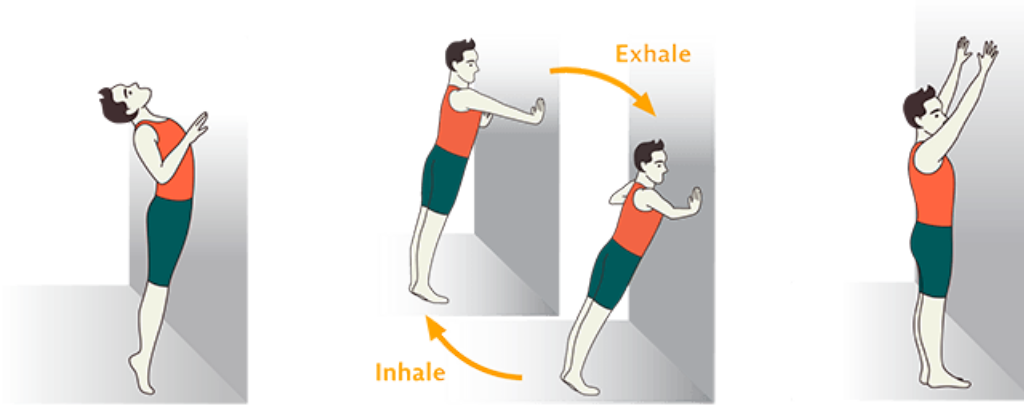
April 2023

Prep



1. Supported Bridge Pose Extended Legs Bolster 2. Half Happy Baby Pose Variation I Bolster Sacrum

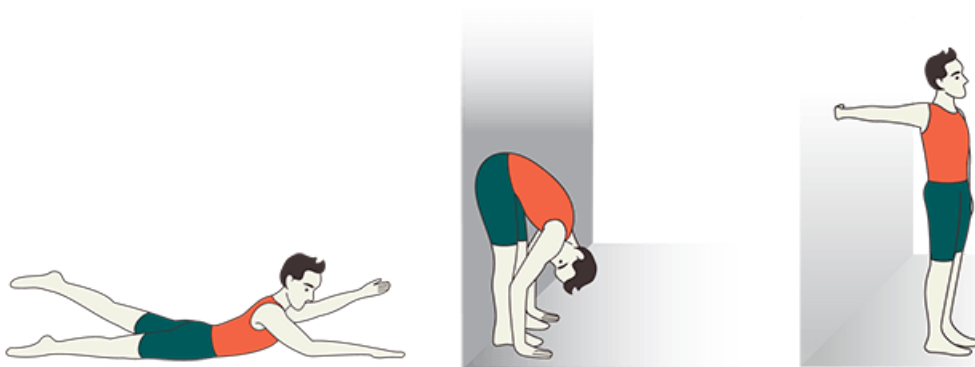
Standing poses



3. Cobra Pose Wall

4. Wall Push Ups

5. Mountain Pose Facing Wall Straight Arms



6. Locust Pose Variation One Leg And Arm On Floor 7. Wide Legged Standing Forward Fold Pose Back 8. Standing Pec Stretch Pose Wall Variation Twist

Wall



9. Extended Triangle Pose Block



10. Extended Side Angle Pose Block



11. Wide Legged Forward Fold Pose Downward Facing

Dog Pose Arms

Release and slow down

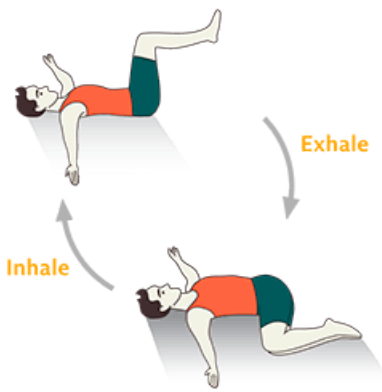


12. Child Pose Variation Both Arms To Side



13. Balancing Table Top Pose Variation Same Hand

Leg



14. Belly Twist Flow



15. Corpse Pose Legs Strap Bolster