Sample Floor Series Sequence

# FLOOR SERIES

**sphinx**

**seal**

**half locust - locust** bind hands behind

**locust** bind hands

**floor bow**

**windhshield wiper legs childs**

**baddha konasana**

**staff**

**Wrist Rolls or stretch paschimottanasana**

**turn around back of room supine twist (Right)**

**supine twist (Left)**

**happy baby**

**any other cool down postures cool down legs up the wall**

**savasana**