

1. FLOOR SERIES

- sphinx
- seal
- locust — half locust
 - bind hands behind (A)
 - feet stay on mat (A)
- locust
 - bind hands (A)
 - feet lift up (A)
- floor bow
 - windshild wiper legs (A)
- childs
- baddha konasana
- staff
 - Wrist Rolls or stretch (A)
- paschimottanasana
 - turn around back of room (A)
- supine twist · Right
- supine twist · Left
- happy baby
 - any other cool down postures cool down (A)
- legs up the wall
- savasana