

1. 4-min Integration

- Ex (A)
- child's
 - In (A)
- table top
 - Ex (A)
- downward facing dog
 - ragdoll up (A)
 - Vertebrae by Vertebrae (A)
- equal standing pose
 - Set intention (A)

2. SunA

- In (A)

- mountain

- Ex (A)

- forward fold

- In (A)

- halfway lift

- Ex (A)

- high to low plank (A)

- low plank

- In (A)

- upward facing dog

- Ex (A)

- downward facing dog

3. SunB

- Ex (A)
- forward fold
 - In (A)
- halfway lift
 - Ex (A)
- FwdFold
 - In (A)
- chair
 - Ex (A)
- FwdFold
 - In (A)
- halfway lift
 - Ex (A)
 - high to low plank (A)
- low plank
 - In (A)
- upward facing dog
 - Ex (A)
- downward facing dog
 - In (A)
- 3 leg dog
 - Ex (A)
- low lunge
 - In (A)
- W2
 - Ex (A)
- extended side angle
 - In (A)
- reverse war
 - Ex (A)
 - high to low plank (A)
- low plank
 - Ex (A)
- down dog
 - In (A)
- up dog

4. Core

- yogi bicycles — reclined bound angle sit ups
- yogi bicycles — Bicycle Sit ups
- boat

5. Crescent

- Ex (A)
- down dog
 - In (A)
- 3 leg dog
 - Ex (A)
- low lunge
 - In (A)
- crescent lunge
 - Ex (A)
- revolved crescent
 - Ex (A)
- runners lunge
 - Ex (A)
- plank
 - In (A)
- side plank · Right
 - Ex (A)
 - high to low plank (A)
- low plank
 - In (A)
- up dog
 - Ex (A)
- down dog
 - Ex (A)
- FwdFold
 - In (A)
- half lift
 - Ex (A)
- FwdFold
 - In (A)
- chair
 - Ex (A)
- chair twist · Right
 - Ex (A)
- gorilla
 - Ex (A)
- FwdFold
 - Ex (A)
- chair twist · Left
 - In (A)
- chair
- crow — Crow Pose Demo

6. *Balancing*

- In (A)
- chair
 - Ex (A)
- eagle · Right
 - In (A)
- MTN
 - Ex (A)
- dancer · Right
 - Ex (A)
- equal standing pose
 - In (A)
- tree · Right
 - In (A)
- MTN
 - Ex (A)
- FwdFold
 - In (A)
- half lift
 - Ex (A)
 - high to low plank (A)
- low plank
 - In (A)
- up dog
 - Ex (A)
- down dog

7. Triangle

- In (A)
- 3 leg dog
 - Ex (A)
- low lunge
 - In (A)
- W1
 - Ex (A)
- W2
 - Ex (A)
- triangle
 - In (A)
 - rise (A)
- star
 - Ex (A)
- wide leg forward fold
 - In (A)
 - rise (A)
- star
 - Ex (A)
- W2
 - Ex (A)
 - high to low plank (A)
- low plank
 - In (A)
- up dog
 - Ex (A)
- down dog

8. *Hips*

- Ex (A)

- half pigeon

9. *Spine*

- In (A)

- camel

- In (A)

- floor bow

- Ex (A)

- camel

- In (A)

- bridge

- Ex (A)

- reclined bound angle

10. Surrender

- Ex (A)

- seated forward fold

- Ex (A)

- happy baby

- Ex (A)

- supine twist · Right

- Ex (A)

- supine twist · Left

- Ex (A)

- resting