4-min Integration

Ex childs

In table top

Ex downward facing dog

ragdoll up equal standing pose Set in...

SunA

In mountain

Ex forward fold

In halfway lift

Ex low plank

Ex downward facing dog

In upward facing dog

SunB

Ex forward fold

In halfway lift

Ex FwdFold

In chair

Ex FwdFold

In halfway lift

Ex low plank

In upward facing dog

Ex downward facing dog

In 3 leg dog

Ex low lunge

In W2

Ex extended side angle

In reverse war

Ex low plank

In up dog

Ex down dog

Core

reclined bound angle sit ups - yogi bicycles

Bicycle Sit ups - yogi bicycles

boat

Crescent

Ex down dog

In 3 leg dog

Ex low lunge

In crescent lunge

Ex revolved crescent

Ex runners lunge

Ex plank

In side plank (Right)

Ex low plank

In up dog

Ex down dog

Ex FwdFold

In half lift

Ex FwdFold

In chair

Ex chair twist (Right)

Ex gorilla

In chair

Ex chair twist (Left)

Ex FwdFold

Crow Pose Demo - crow

Balancing

In chair

Ex eagle (Right)

In MTN

Ex dancer (Right)

Ex equal standing pose

In tree (Right)

In MTN

Ex FwdFold

In half lift

Ex low plank

In up dog

Ex down dog

Triangle

In 3 leg dog

Ex low lunge

In W1

Ex W2

Ex triangle

In star

Ex wide leg forward fold

In star

Ex W2

Ex low plank

In up dog

Ex down dog

Hips

Ex half pigeon

Spine

In camel

In floor bow

Ex camel

In bridge

Ex reclined bound angle

Surrender

Ex seated forward fold

Ex happy baby

Ex supine twist (Right)

Ex supine twist (Left)

Ex resting