

1. Warmup

- child's
- child's · Right
- child's · Left
- table top
- cat
- cow
- table top — shoulder shrugs
- table top — hip circles
- thread needle

2. Kneeling Warmup

- birddog
- birddog — crunch
 - elbow to knee (A)
- birddog — leg wing
- birddog — leg wing
 - thighs together (A)
 - wag dog (A)
 - drop your knee (A)
 - reach around grab ankle (A)
- tigers
- birddog — leg wing · Right
- gate — kneeling gate hand on hip · Left
 - reach hand overhead (A)
 - sweep down around (A)
- gate — kneeling side stretch · Right
- chandrasana — kneeling gate bound ankle · Left
 - option to grab your ankle (A)
- cat
- cow
- childs — isometric hold childs pose
- heros — arm stretch kneeling grab shins
 - stretch out front arms (A)
- kneeling — bind arms behind
 - Center (A)
 - Right (A)
 - Left (A)
 - neck stretch (A)
- down dog

3. Standing 1/2 Sun Salutations

- down dog
 - Walk to front (A)
- forward fold
- FF — Forward fold twist
 - Roll up vertibre (A)
- tadasana
- mountain
- mountain — standing twist · Right
- mountain — standing twist · Left
- FF — standing ball pose
 - option to wrap arms around shins for balance (A)
- mountain — arms outstretched palms up
 - inhale (A)
- mountain
- half lift
- FF
- mountain

4. Modified Sun A

- tadasana
- mountain
- FF
- half lift
- modified plank — knees down
- knees chin chest
- cobra — low cobra
 - belly down (A)
 - squeeze shoulder blades (A)
- table top
- down dog
- childs

5. Closed Hip Sun B

- down dog
- one leg down dog
 - hip circles first time (A)
 - ex (A)
- plank — knee to nose
 - in (A)
- one leg down dog
 - exhale step (A)
- runners lunge
 - inhale chest up (A)
 - fingertips (A)
 - ex (A)
- low lunge — cactus arms low lunge
 - exhale (A)
- pyramid — modified pyramid
 - high on ball of back foot (A)
 - roll back and forth on heel first time through (A)
 - inhale (A)
- low lunge
 - in (A)
- low lunge
 - ex (A)
- chaturanga
 - in (A)
- low lunge
- half split
 - roll on heel (A)
 - sweep arms flow (A)
 - take it through your flow (A)
- down dog

6. Sun C Chandrasana Flow

- down dog
 - step (A)
- runner · Right
 - in (A)
- warrior 1
- star
 - ex (A)
- warrior 2 · Left
 - back of mat (A)
 - place hand on hip (A)
- reverse warrior
- side angle
- reverse triangle
- triangle
- star
 - slight bend in front knee (A)
 - lean forward (A)
- chandrasana
 - option to grab outer ankle (A)
- warrior 2 · Right
 - front of mat (A)
- reverse war
 - take it through flow (A)
- down dog

7. Standing Chandrasana Flow

- malasana
- malasana twist · Right
- malasana twist · Left
- tadasana
- chandrasana
- warrior 2
 - inhale (A)
- reverse war
- star
 - inhale transition (A)
 - exhale (A)
- skandasana
 - inhale (A)
- WLFF — half lift
 - exhale (A)
- WLFF
 - inhale step (A)
- chair
 - stay for the exhale (A)
 - option for one leg chair (A)
 - inhale (A)
- mountain
 - ex (A)
- runner
- tadasana

8. Cooldown

- sphinx
- frog — one leg frog · Right
 - inside edge of foot on mat (A)
 - knee trending towards 90 degrees (A)
 - sweep arm through to knee (A)
- supine twist
- child's
 - sit to one side (A)
 - sweep legs around (A)
- butterfly
- frog — isometric hold
 - anterior pelvic tilt (A)
- wide leg seat
 - center right left (A)
- bridge
 - three back bends (A)
 - option for wheel (A)
- happy baby
- waterfall — other finishing postures
- savasana
 - closing (A)
- seat