Arrive and Warm

easy seat Settle in and lengthen the breath

Come to hands and knees table top

cow Inhale lift chest

cat Exhale round spine

childs Rest for a few breaths

Butterfly

Come to sit butterfly Hold 4 minutes and le...

Half Frog

Roll onto belly sphinx Settle on forearms

Half - frog (Right) Open one knee wide and h...

Figure Four

Sit tall seated figure four (Right) Flex...

Reclined Cobbler

Lie back reclined bound angle Prop t...

Dragon

Hands and knees table top

Step foot between hands dragon (Right) Lower to forearms and hold 3 minutes

childs Rebound for a few breaths

Supine Twist

Lie on back supine twist (Right) Kne...

Closing

happy baby Hold 3 minutes and soften low back

savasana Rest for 4 minutes