Warmup

seat
seated side stretch - seat (Right)
seated twist - seat
seated shoulder stretch - seat cross right arm over...
seated fold
table top
cat
cow
wrist stretches - table top
wag the dog - table top (Right)
thread (Left)
hip circles - table top
leg out like wing - table top
table top eagle legs - table top squeeze thighs tog...
half gomukasana - gomukhasana sit right knee b...
hero
tricep stretch - hero right arm up
neck stretch - kneeling bind behind back
down dog

Spine Warmup

forward fold hang heavy
roll up slow tadasana
mountain arms out to the side
side stretch gomukasana arms - standing side bend (Right)
side stretch gomukasana arms - standing side bend (Left)
mountain thumbs back
yogi squat - forward fold hands outside knees
half lift
forward fold
tadasana

Modified Sun A

forward fold
half lift
step back knees down plank - modified plank
exhale knees chin chest
inhale cobra
inhale childs
down dog
table top

Closed Hip Standing

1LDD (Right) open hips first time through
knee to opposite elbow - fallen triangle
1LDD
runner
modified pyramid - pyramid
low crescent
half split
inhale low crescent
exhale low crescent twist - low crescent (Right) left arm forward
low exhalted crescent - low crescent
flow down dog

Main Flow

1LDD
exhale runner
reverse prayer w1 - W1 fists together or reverse prayer...
humble
W3 with reverse prayer hands - warrior 3
drop back W2 setup gomukasana arms
reverse warrior gomukasana arms - reverse warrior
side gomukasana arms - side angle side crunch
inhale star hold bind
exhale squat with gomukasana arms - goddess star release bind
inhale half lift twisted wide leg fold - WLFF l...
WLFF
inhale big step to front chair
chair with lightning arms - chair
mountain
flow down dog

Floor

malasana
twisted malasana (Right)
twisted malasana (Left)
bridge
gomukhasana (Right) hold for 5 full breaths
keep feet where they are gomukhasana (Left)
bridge
TIME PERMITTING seated wide leg fold seate...
wheel

Ending

butterfly
staff
supine twist (Right)
supine twist (Left)
plow
shoulder stand
savasana