

1. Warmup

- seat
- seat - seated side stretch
- seat - seated shoulder stretch
 - cross right arm over left (A)
 - cat back (A)
- seated fold
- seat - seated twist
- table top
- cat
- cow
- table top - wrist stretches
- table top - wag the dog
- thread
- table top - hip circles
- table top - leg out like wing
- table top - table top eagle legs
 - squeeze thighs together (A)
 - drop foot outside left ankle (A)
 - look over left shoulder (A)
- gomukhasana - half gomukasana
 - sit right knee behind left (A)
 - sit back onto your hips (A)

- hero
- hero - tricep stretch
 - right arm up (A)
 - grab elbow (A)
- kneeling - neck stretch
 - bind behind back (A)
 - bring hands to right hip (A)
 - right ear to right shoulder (A)
- down dog

2. Spine Warmup

- forward fold
 - hang heavy (A)
 - grab opposite elbows (A)
 - roll up slow (A)
- tadasana
- mountain
 - arms out to the side (A)
 - right thumb down and back (A)
 - left thumb up and back (A)
- standing side bend - side stretch gomukasana arms
- standing side bend - side stretch gomukasana arms
- mountain
 - thumbs back (A)
 - chest to the sky (A)
- forward fold - yogi squat
 - hands outside knees (A)
- half lift
- forward fold
- tadasana

3. *Modified Sun A*

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

4. Closed Hip Standing

- 1LDD
 - open hips first time through (A)
- fallen triangle - knee to opposite elbow
- 1LDD
- runner
- pyramid - modified pyramid
- low crescent
- half split
 - inhale (A)
- low crescent
 - exhale (A)
- low crescent - low crescent twist
 - left arm forward (A)
 - right arm back (A)
 - open chest to right side room (A)
- low crescent - low exalted crescent
 - flow (A)
- down dog

5. Main Flow

- 1LDD
 - exhale (A)
- runner
- W1 - reverse prayer w1
 - fists together or reverse prayer hands (A)
- humble
- warrior 3 - W3 with reverse prayer hands
 - drop back (A)
- W2
 - setup gomukasana arms (A)
- reverse warrior - reverse warrior gomukasana arms
- side angle - side gomukasana arms
 - side crunch (A)
 - touch elbow to top of thigh (A)
 - inhale (A)
- star
 - hold bind (A)
 - exhale (A)
- goddess - squat with gomukasana arms
- star
 - release bind (A)
 - arms out wide (A)
- WLFF
 - inhale half lift (A)
 - exhale (A)

- WLFF - twisted wide leg fold
 - left palm under nose (A)
 - open to back of room (A)
 - inhale big step to front (A)
- chair
- chair - chair with lightning arms
- mountain
 - flow (A)
- down dog

6. Floor

- malasana
- twisted malasana
- twisted malasana
- bridge
- gomukhasana
 - hold for 5 full breaths (A)
 - keep feet where they are (A)
 - walk hands around to the left (A)
- gomukhasana
- bridge
- wheel
 - TIME PERMITTING (A)
- seated wide leg fold
 - seated WLFF series (A)

7. Ending

- butterfly
- staff
- supine twist
- supine twist
- plow
- shoulder stand
- savasana