

1. Warmup

- seat
- seat — seated side stretch · Right
- seat — seated twist
- seat — seated shoulder stretch
 - cross right arm over left (A)
 - cat back (A)
- seated fold
- table top
- cat
- cow
- table top — wrist stretches
- table top — wag the dog · Right
- thread · Left
- 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 · Right
- standing side bend — side stretch
gomukasana arms · Left
- 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 · Right
 - 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 · Right
 - 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)
- chair — chair with lightning arms
 - inhale big step to front (A)
- chair
 - flow (A)
- down dog
- mountain

6. Floor

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

7. Ending

- butterfly
- staff
- supine twist · Right
- supine twist · Left
- plow
- shoulder stand
- savasana