Warmup

seat

seated side stretch - seat (Right)

seated twist - seat

seated shoulder stretch - seat cross ri...

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 squee...

half gomukasana - gomukhasana sit...

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 k...

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 re...

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 left palm under nose

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 seated WLFF series

wheel

Ending

butterfly

staff

supine twist (Right)

supine twist (Left)

plow

shoulder stand

savasana