Spine Warmup

table top Wrists under shoulders

cow Inhale drop belly and lift gaze

cat Exhale round and push floor away

table top Return to neutral spine

Hips and Side Body

Hip Circles - table top (Right) Big circles then reverse

Step foot out wide gate (Right) Reach top arm ove...

Tuck toes Hovering - table top Knees lift just off th...

Walk feet back plank Press the floor away

down dog Pedal heels to wake calves

Side Angle and Pigeon Wave

down dog

three legged dog (Right) Bend knee and circle open hip

Step foot forward warrior 2 (Right)

Exhale extended side angle (Right) Forearm res...

Inhale reverse triangle (Right) Straighten front leg...

Exhale extended side angle (Right) Sink lower a...

Hands frame front foot Dynamic - half pigeon (Right) Inhale lift and exhale fold 3x

half pigeon (Right) Stay low for 5 slow breaths

plank

cobra Optional

down dog

Closing

down dog Linger for several breaths

Knees down and sit easy seat Hands at heart and...