All Levels Vinyasa Flow Floor

Childs Pose

CHILD right side stretch

TT shoulder overs wrist, knees in line with hips

thread (Right)

thread (Left)

■ exhale push mat away, round shoulders

■ inhale drop belly

ragdoll - forward fold

anjinay step leg foot back, lower left knee down

3LDD

runners lunge step right foot in between hands

upward salute

uttanasana

half lift

low lunge inhale step right foot back

three leg dog inhale left leg to the sky

runners lunge

PLANK

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