

1. Childs Pose

- CHILD
 - right side stretch (F)
 - left side stretch (F)
- TT
 - shoulder overs wrist, knees in line with hips (A)
- thread · Right
- thread · Left
- ■
 - exhale push mat away, round shoulders (B)
- ■
 - inhale drop belly (B)
- forward fold — ragdoll
- anjinay
 - step leg foot back, lower left knee down (A)
- 3LDD
- runners lunge
 - step right foot in between hands (A)
- upward salute
- uttanasana
- half lift
- low lunge
 - inhale step right foot back (B)
- three leg dog
 - inhale left leg to the sky (B)
- runners lunge
- PLANK