Wrists and Spine

table top Wrist circles both directions

cow Inhale open the chest

cat Exhale push the floor away hard

table top Turn fingers back for a gentle wrist stretch

down dog Settle for 5 breaths

Half Sun Salutes

mountain

upward salute Inhale reach up

forward fold Exhale fold

half lift Inhale long spine

forward fold

upward salute

mountain

Knee to Nose Core

Step back down dog

three legged dog (Right) Lift leg high

plank Draw knee to nose and round 5 slow times

down dog

Chair Series

Walk to top of mat mountain

chair Squeeze knees together for 5 breaths

chair twist (Right) Hook elbow outside knee

chair Back to center

chair twist (Left) Hook elbow outside knee

mountain

Garland and Boat

garland Hold 6 to 8 breaths

Sit down boat 3 rounds of 5 breaths and round low back on...

Crow Ladder

garland Hands down shoulder width

crow Knees high on upper arms then shift forward and

childs Rest between tries

Counter and Close

table top Reverse hands to release wrists

Lower to belly sphinx

cobra Low and easy

Roll onto back supine twist (Right)

supine twist (Left)

figure four (Right)

figure four (Left)

savasana Rest for 3 minutes