Child's Pose Opening

childs B: Breathe slowly into the back body

Come to hands and knees table top

Exhale round the spine cat

Inhale drop the belly cow

Tuck the toes down dog B: Pedal the feet for a few br...

Walk the feet to the hands forward fold

Roll up slowly mountain

Sun Salutation A

mountain

Inhale upward salute

Exhale forward fold

Inhale half lift

Exhale high plank

Lower halfway chaturanga

Inhale up dog

Exhale down dog B: Hold for five breaths

Inhale half lift

Exhale forward fold

Inhale upward salute

Exhale mountain