# 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 fee...

**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**