






-  Begin series
-  End series
-  Repeat series
-  Repeat Series on other leg/side
-  Repeat pose on opposite leg.side

Gentle Hatha Flow #1 - 20 min. - Level 1-2



seated cross legged



Childs Pose



Down Dog



Forward Bend



Tadasana



Forward Bend



Tadasana



Bend Right



Tadasana



Bend Left



Tadasana



Forward Bend



Down Dog



Low Lunge right



drop back knee



Low Lunge



Down Dog



Low Lunge left



drop back knee



Low Lunge



Down Dog



Forward Bend



Samasthiti



Tree



Tree



Tadasana



Forward Bend



Down Dog



Right Leg High



Half Pigeon



Down Dog



Left Leg High



Half Pigeon



Down Dog



Cobbler Pose



Bridge



Bridge interlace hands option



Supta Baddha Konasana



Dead Bugs Pose



Spinal Twist



Spinal Twist



Knees into Chest



Savasana



seated cross legged