






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

## Heart Opening Flow #1 - 20 min. - Level 3-4





Extended Side Angle  
- arms open



Warrior 2



Triangle - half bind option



Prasarita



Chaturanga



Up Dog



Down Dog



Boat



Reverse Table Top



Boat



Knees into Chest



Camel



Camel option



sit on heels w/  
hands at prayer



Childs Pose



Spinal Twist



Knees into Chest



forehead to knees



Savasana



comfortable seated  
position