




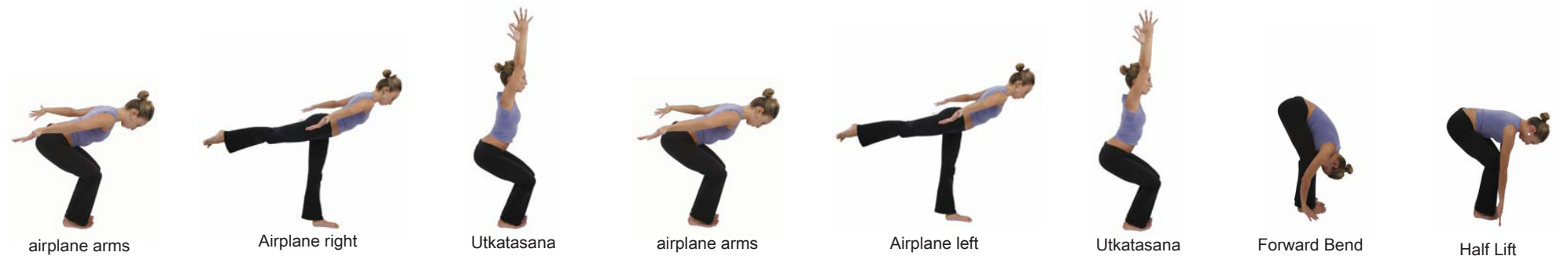


-  Begin series
-  End series
-  Repeat series
-  Repeat Series on other leg/side
-  Repeat pose on opposite leg.side

Lunchtime Flow #1 - 20 min. - Level 3-4







Chaturanga



Up Dog



Down Dog



Left Leg High



Low Lunge



Crescent Lunge



Warrior 2



Reverse Warrior



Triangle



Prasarita



Tripod Headstand (option)



Twisting Triangle



Nose to Knee



Standing Splits



Half Lift



Forward Bend



Utkatasana



Prayer Twist right



Utkatasana



Prayer Twist left



Utkatasana



Tadasana



Forward Bend



Half Lift



Chaturanga



Up Dog



Down Dog



Spinal Twist



knees into chest



forehad to knees



Savasana

