




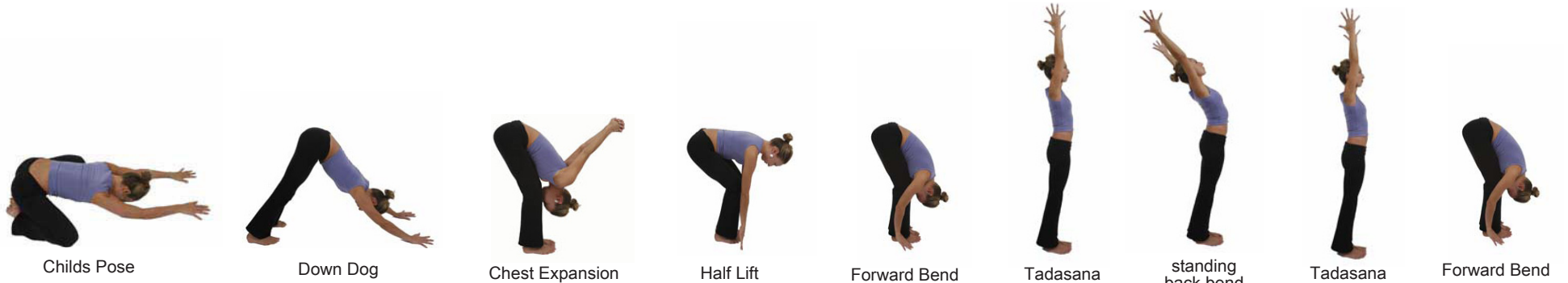


-  Begin series
-  End series
-  Repeat series
-  Repeat Series on other leg/side
-  Repeat pose on opposite leg.side

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





Low Lunge



Crescent Lunge



Back Bend



Crescent Lunge



Warrior 2



Reverse Warrior



Chaturanga



Cobra (Series 1)



Locust (Series 1)



Floor Bow (Series 2)



Knees into Chest



Bridge



Bridge interlace hands



Wheel (option)



Supta Baddha Konasana



Bridge interlace hands



Wheel (option)



Supta Baddha Konasana



Bridge interlace hands



Wheel (option) - lift leg



Supta Baddha Konasana



Seated Forward Fold



Spinal Twist



Knees into Chest



Plow



Shoulder Stand



Plow





Dead Bugs Pose



Knees into Chest



Savasana