

Stretch / Warmup

Sitting Tall Breathing	Shoulder Stretch Breathing	Side Bend Breathing	Spinal Twist Breathing	Table/Flat Back Breathing	Cow Breathing	Cat Breathing
						





Sun Salutation

Tadasana Mountain	Utkatasana Ext. Mtn.	Uttanasana Forward Fold	Ardha Uttanasana Half Lift	Lunge Right Side	Chatarunga Dandasana Plank	Urdva Mukha Svanasana Upward Dog	Adho Mukha Svanasana Downward Dog	Lunge Left Side	Ardha Uttanasana Half Lift	Uttanasana Forward Fold	Utkatasana Ext. Mtn.	Tadasana Mountain
												

Balance Poses

5 Pointed Star	Reach Across Counter	Trikonasana Triangle Right	5 Pointed Star	Reach Across Counter	Trikonasana Triangle Left	Virabhadrasana 3 Airplane Right	Virabhadrasana 3 Airplane Left	Vrksasana Tree Right	Vrksasana Tree Left	Samastithi Mtn / Prayer
										

Stretch / Relaxation

Slowly Transition to Seated, Breathing	Forward Fold	Use Arms to Lower Down	Flat Back	Knees to Chest Rock Side to Side	Supine Twist Right	Supine Twist Left	Savasana
							

Stretch / Warmup

Sitting Tall Breathing	Shoulder Stretch Breathing	Side Bend Breathing	Spinal Twist Breathing	Neutral Flat Back Breathing	Cow Breathing	Cat Breathing
						

Sun Salutation

Tadasana Mountain	Utkatasana Ext. Mtn.	Uttanasana Forward Fold	Ardha Uttanasana Half Lift	Lunge Right Side	Chatarunga Dandasana Plank	Urdva Mukha Svanasana Upward Dog	Adho Mukha Svanasana Downward Dog	Lunge Left Side	Ardha Uttanasana Half Lift	Uttanasana Forward Fold	Utkatasana Ext. Mtn.	Tadasana Mountain
												

Balance Poses

5 Pointed Star	Reach Across Counter	Trikonasana Triangle Right	5 Pointed Star	Reach Across Counter	Trikonasana Triangle Left	Virabhadrasana 3 Airplane Right	Virabhadrasana 3 Airplane Left	Vrksasana Tree Right	Vrksasana Tree Left	Samastithi Mtn / Prayer
										

Stretch / Relaxation

Slowly Transition to Seated, Breathing	Forward Fold	Lengthen Spine	Flat Back	Twist Side to Side	Supine Twist Right	Supine Twist Left	Savasana
			