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# Sample Floor Series Sequence

July 06, 2025

## **1. FLOOR SERIES**

- sphinx
- seal
- locust - half locust
  - bind hands behind (A)
  - feet stay on mat (A)
- locust
  - bind hands (A)
  - feet lift up (A)
- floor bow
  - windshield wiper legs (A)
- child's
- baddha konasana
- staff
  - Wrist Rolls or stretch (A)
- paschimottanasana
  - turn around back of room (A)
- supine twist
- supine twist
- happy baby
  - any other cool down postures cool down (A)
- legs up the wall
- savasana