

## ***1. 4-min Integration***

- Ex (A)
- child's
- In (A)
- table top
- Ex (A)
- downward facing dog
- ragdoll up (A)
- Vertebrae by Vertebrae (A)
- equal standing pose
- Set intention (A)

## 2. *SunA*

- In (A)
- mountain
- Ex (A)
- forward fold
- In (A)
- halfway lift
- Ex (A)
- high to low plank (A)
- low plank
- In (A)
- upward facing dog
- Ex (A)
- downward facing dog

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### **3. SunB**

- Ex (A)
- forward fold
- In (A)
- halfway lift
- Ex (A)
- FwdFold
- In (A)
- chair
- Ex (A)
- FwdFold
- In (A)
- halfway lift
- Ex (A)
- high to low plank (A)
- low plank
- In (A)
- upward facing dog
- Ex (A)
- downward facing dog
- In (A)
- 3 leg dog
- Ex (A)
- low lunge
- In (A)
- W2

- In (A)
- reverse war
- Ex (A)
- extended side angle
- Ex (A)
  - high to low plank (A)
- low plank
- Ex (A)
- down dog
- In (A)
- up dog

## **4. Core**

- yogi bicycles - reclined bound angle sit ups
- yogi bicycles - Bicycle Sit ups
- boat

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## **5. Crescent**

- Ex (A)
- down dog
- In (A)
- 3 leg dog
- Ex (A)
- low lunge
- In (A)
- crescent lunge
- Ex (A)
- revolved crescent
- Ex (A)
- runners lunge
- Ex (A)
- plank
- In (A)
- side plank
- Ex (A)
- high to low plank (A)
- low plank
- In (A)
- up dog
- Ex (A)
- down dog
- Ex (A)
- FwdFold



- In (A)

- half lift

- Ex (A)

- FwdFold

- In (A)

- chair

- Ex (A)

- chair twist

- Ex (A)

- gorilla

- Ex (A)

- FwdFold

- Ex (A)

- chair twist

- In (A)

- chair

- crow - Crow Pose Demo

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## **6. *Balancing***

- In (A)

- chair

- Ex (A)

- eagle

- In (A)

- MTN

- Ex (A)

- dancer

- Ex (A)

- equal standing pose

- In (A)

- tree

- In (A)

- MTN

- Ex (A)

- FwdFold

- In (A)

- half lift

- Ex (A)

- high to low plank (A)

- low plank

- In (A)

- up dog

- Ex (A)

- down dog

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## **7. Triangle**

- In (A)
- 3 leg dog
- Ex (A)
- low lunge
- In (A)
- W1
- Ex (A)
- W2
- Ex (A)
- triangle
- In (A)
- rise (A)
- star
- Ex (A)
- wide leg forward fold
- In (A)
- rise (A)
- star
- Ex (A)
- W2
- Ex (A)
- high to low plank (A)
- low plank
- In (A)
- up dog
- Ex (A)

- down dog

## **8. *Hips***

- Ex (A)

- half pigeon

## 9. *Spine*

- In (A)

- camel

- In (A)

- floor bow

- Ex (A)

- camel

- In (A)

- bridge

- Ex (A)

- reclined bound angle



## **10. *Surrender***

- Ex (A)
  - seated forward fold
- Ex (A)
  - happy baby
- Ex (A)
  - supine twist
- Ex (A)
  - supine twist
- Ex (A)
  - resting