

Slow Flow Yoga 60- 75 minutes

Warm-Up

Child's Pose - Ujjayi Breath

Cats and Cows/ wrist stretch

Flow Practice

(R) Gate pose/ Flow/ Alternate Plank Pose w Crunches/Melting Heart

Camel

(L) Gate Pose/ Flow/ Alternate Plank Pose w Crunches/Melting Heart

(Sun Salutations Series Below)

Down Dog - Walk it out

(R)Side Angle

Chair

Forward Fold/ Half Lift/ Tadasana

Vinyasa/ Down Dog

(L) Side Angle

Chair

Forward Fold/Half Lift/ Tadasana

Vinyasa

Child's Pose

Down Dog

(R) Warrior 2 Flow/ Triangle/ Wide leg forward Fold

Skandasana

Lizard/ Half Split

Child's Pose

(L) Warrior 2 Flow/ Triangle/ Wide leg forward Fold

Skandasana

Lizard/ Half Split

Plank/ Lower all the way down

Cool Down

Legs up the wall

Spinal Twist (Each side) / Reclined Butterfly

Savasana