

**Warm up**

Ujjayi Breath  
Easy Seat  
Lateral stretch  
Spinal twist  
Staff pose  
Cats and cows

**Practice**

Gate Pose flow right side  
Plank pose  
Puppy pose extended leg  
Lunge  
Balasana

Forward fold  
Sun salutation  
Table

- Repeat gate pose flow/plank/puppy/lunge/ balasana

Forward fold  
Sun salutation  
Mountain  
Step foot back  
High lunge  
Warrior 2  
Dancing warrior  
Triangle  
Side angle twist  
Balasana  
Repeat from forward fold  
Plank  
Child's pose

**Closing**

Bridge Pose  
Legs Up the Wall  
Butterfly  
Savasana