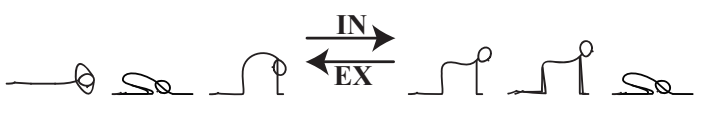











JUST YOGA

| | | |
|----|--|--|
| 1 |  | <p>warm up : crocodile child cat cow x 5 hip circles x 4 per side</p> |
| 2 |  | <p>core warm up using balancing table (3 crunches , hold then backbend)- navasana , 2nd side - then downward dog hold 4 breaths</p> |
| 3 |  | <p>transition to standing</p> |
| 4 | <p>Sun Salutation A</p> | <p>3 rounds : 1 low lunge no vinyasa 2 low lunge crescent and vinyasa 3 high lunge crescent and vinyasa</p> |
| 5 | <p>Sun Salutation B</p> | <p>dynamic chair pose x 3 then hold (inhale into chair) dynamic warrior 1 x 3 then hold (inhale into the pose)</p> |
| 6 |  | <p>Tadasana with side bend (x2 per side) , chest opener</p> |
| 7 |  | <p>from mountain move to downward dog , hold 3 legged dog for 2 breaths then warrior 2 , dynamic x 3 then hold (look at front hand as it circles)</p> |
| 8 |  | <p>Balance sessions</p> |
| 9 |  | <p>3 breaths per pose</p> |
| 10 |  | <p>pigeon practice , choose your variation</p> |
| 11 |  | <p>twist . hold 3 breaths - janu , hold for 3 breaths</p> |
| 12 |  | <p>Compensation, dynamic reverse table top x3 then hold for 3 breaths - paschimittasana hold for 3 breaths</p> |

13



Cool Down