



















Yogic animals - Pigeon

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|---|---|---|---|--|---|
|  <p style="text-align: center;">Easy sama vritti breath</p> |  <p style="text-align: center;">Vinyasa 1 Cat Cow to Balasana</p> |  <p style="text-align: center;">Sunbird Vinyasa</p> |  <p style="text-align: center;">Sun Salutations 4 Sun Salutations L Lunge sun salutes</p> |  <p style="text-align: center;">Mountain</p> |  <p style="text-align: center;">Down Dog 5 breaths (ujhai)</p> |
|  <p style="text-align: center;">Child</p> |  <p style="text-align: center;">Down Dog (split)</p> |  <p style="text-align: center;">Child</p> |  <p style="text-align: center;">Down Dog (split with bent knee) Scorpion leg R and L</p> |  <p style="text-align: center;">Child</p> |  <p style="text-align: center;">Plank</p> |
|  <p style="text-align: center;">Cobra</p> |  <p style="text-align: center;">Cobra (one leg up)</p> |  <p style="text-align: center;">Cobra (two legs up)</p> |  <p style="text-align: center;">Crocodile</p> |  <p style="text-align: center;">Table Top</p> |  <p style="text-align: center;">Dolphin</p> |

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|---|--|---|---|--|---|
|  <p>Mountain</p> |  <p>Gentleman chair (figure of 4)</p> |  <p>Warrior II</p> |  <p>Reversed Warrior</p> |  <p>Extended Side Angle 1</p> | <p>3x</p> <p>Repeat 3 Times</p> |
|  <p>Repeat On Other Side</p> |  <p>Table Top</p> |  <p>Lizard Lunge</p> |  <p>Cobra</p> |  <p>Down Dog</p> |  <p>Lizard Lunge</p> |
|  <p>Reversed Corpse</p> |  <p>Half Frog</p> |  <p>Reversed Corpse</p> |  <p>Half Frog</p> |  <p>Reversed Corpse</p> |  <p>Bridge 1</p> |
|  <p>Bound Angle</p> |  <p>Pigeon</p> |  <p>Down Dog</p> |  <p>Pigeon</p> |  <p>Down Dog</p> |  <p>Child</p> |



Bharadvajasana Twist
**twist away from the
feet**



Happy Baby
**hands thread to the
outer edge of feet**



Bound Angle



Progressive Muscle
Relaxation



Savasana