

## SEQUENCE 1

### Sun salutations (7)

1. Upward salute - forward fold - half lift - step to plank - lower to floor - cobra - child pose - downward dog - step to hands - half lift - fold - rise to standing - hands in prayer
2. Upward salute - slight backbend - forward fold - half lift - step to plank - lower to floor - cobra, look right - lower - cobra, look left - lower - child pose, stay on fingertips - downward dog - step to hands - half lift - fold - rise to standing - hands in prayer
3. Upward salute - backbend - forward fold - half lift - step to plank - chaturanga (low pushup) - upward-facing dog - downward dog - step to hands - half lift - fold - rise to standing - hands in prayer
4. Upward salute - deeper backbend - forward fold - half lift - step to plank - chaturanga (low pushup) - upward-facing dog, look right, look left - downward dog - step to hands - half lift - fold - rise to standing - hands in prayer
5. Upward salute - deeper backbend - forward fold - half lift - step to plank - chaturanga (low pushup) - upward-facing dog - downward dog - step to hands - half lift - fold - rise to standing - hands in prayer
6. Upward salute - deeper backbend - forward fold - half lift - step to plank - chaturanga (low pushup) - upward-facing dog - downward dog - step to hands - half lift - fold - rise to standing - hands in prayer
7. Upward salute - deeper backbend - forward fold - half lift - step to plank, stay on fingertips - chaturanga (low pushup) on fingertips - upward-facing dog on fingertips - downward dog on fingertips - step to hands on fingertips - half lift on fingertips - fold - rise to standing - hands in prayer

## SEQUENCE 2

1. Upward salute - backbend - forward fold - half lift - step to plank - chaturanga (low pushup) - upward-facing dog - downward dog
2. Right leg lifts, hips leveled - knee to nose - open, stack hips - knee to nose - open, stack hips - knee to nose
3. Low lunge, backbend - half split, fold - low lunge, backbend - half split, fold - low lunge, backbend - tuck toes, open crescent twist
4. Roll onto outer edges of both feet - side plank - waterfall - plank - chaturanga - up dog - down dog
5. Repeat on other side
6. Step to hands - half lift - fold - rise to standing - backbend - hands in prayer

## SEQUENCE 3

1. Upward salute - backbend - forward fold - half lift - step to plank - chaturanga (low pushup) - upward-facing dog - downward dog
2. Right leg lifts, hips leveled - crescent lunge - open chest, bend left knee and lower with goal post arms 3X - humble crescent 3X - warrior 3 - bring left leg forward, extend - back to warrior 3 - balancing knee-to-knee taps while bending standing knee 3X - crescent lunge - backbend
3. Supported side plank with outer edges of both feet on mat - waterfall - ostrich stretch - roll back and forth on toes 5X - one-legged dog, open stack hips
4. Crescent lunge - open chest, lower with goal post arms while bending both knees 3X - humble crescent 3X - warrior 3 - bring left leg forward, extend - back to warrior 3 - crescent lunge

5. Supported side plank with outer edges of both feet on mat - waterfall - side plank on opposite side with inner (bottom) leg lifted - water fall - reverse side plank variation - waterfall - reverse side plank variation - waterfall
6. Sit down, right knee bent - left leg lifts 10X - left foot on mat, roll over into down dog with right leg lifted, open stack hips - step right foot into half chair at top of mat - step left foot into chair - hands in prayer - rise to standing - backbend - hands in prayer
7. Repeat on other side

## SEQUENCE 4

1. Upward salute - backbend - forward fold - half lift - step to plank - chaturanga (low pushup) - up dog - down dog
2. Right leg up, hips leveled - crescent lunge - "lazy" (split) handstand - repeat crescent lunge / "lazy" (split) handstand motion 4 more times
3. Bring left leg forward, extend - rond de jambe back to crescent lunge - supported side plank with outer edges of both feet on mat - waterfall
4. Warrior 2, palms up - triangle - warrior 2 - crescent to chaturanga - up dog - down dog - step to hands - half lift - fold - rise to standing - hands in prayer
5. Repeat on other side

## SEQUENCE 5

1. Upward salute - backbend - forward fold - half lift - step to plank - lower to floor
2. Locust - open legs and bring together arms, then bring together legs and open arms 10X - swimming (flutters) 10X - child pose on fingertips
3. Half camel - lower - half camel other side - lower - full camel - lower - come into forward fold - forward roll to lower onto back, knees to chest - plow - shoulder stand (hands or no hands) - plow - slowly lower into corpse pose - fish - knees to chest

Feel free to up-/down-level these sequences, add in your favorite moves and have fun!