

STRESS BUSTING FLOW

Tadasana
Breathing with arms



Connect with Breath
Move with Breath

Step Left Leg Back
Easy Twist
Back Knee Down - Low Lunge
Down dog
Left foot forward
Easy Twist
Back Knee Down - Low Lunge
Roll Up to Stand



"A" Flow

Neck Rolls
Breathing with arms
Roll Down
Plank
All the way to floor
Cobras (x3)
Child's Pose
Down dog
Right leg up, bend the knee, stack hips
Knee to nose, cross body (x3)
Warrior I
Eagle Arms
Straighten Front Leg
Rebend Knee
Arch Back for Humble Warrior
Straighten Leg, Forward Fold
Rebend Knee, Easy Twist
Low Lunge, Arms Down - Surrender
Down dog
Step to top of mat
Roll up to stand
> Second Side



"B" Flow

Breathing with arms
Roll down
Chair Pose
Draw Left Knee in
Step Back - High Lunge
Left arm forward, right arm back
Up through center
Warrior 2
Side Angle
Reverse Triangle (bend & straightening front knee)
Warrior 2
Bicep Stretch (right elbow up)
Draw elbows into body, breath, extend arms, just flip palms
Vinyasa
Step to top of mat
> Second Side



"C" Flow

Downward dog
Rock to plank (x3)
Hold plank, lower to the ground
Big cobra and hold
Child's Pose w/ twist



Bridge

Downward dog
Knee to nose
Warrior I - open chest surrender
Clasp hands behind low back
Straighten front leg
Rebend, humble warrior
Step right foot back, side plank
Step top leg in front of hip, sole of foot on floor
Top arm opens, curl into yourself, little fist
Vinyasa
> Second Side



"D" Flow

Right leg up and back
Knee to nose (x2)
Pulses in (knee to nose)
Fallen Traingle
3 Legged Dog - Knee to Nose (x3)
Flip dog
Vinyasa
> Second Side



Feel Good / Backbends

Plank, Knees to mat
Puppy Pose w/ hands in prayer



Little Rest

Right leg up and back
Pigeon
Right leg around
Forward fold
Soles of feet to floor
Pull knee into chest, left arm up
Length on whole left side of body
Supine twsit
Savasana



Hips, Seated Stretches