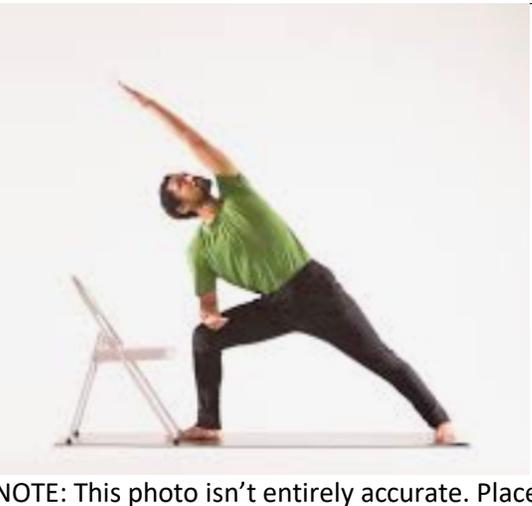


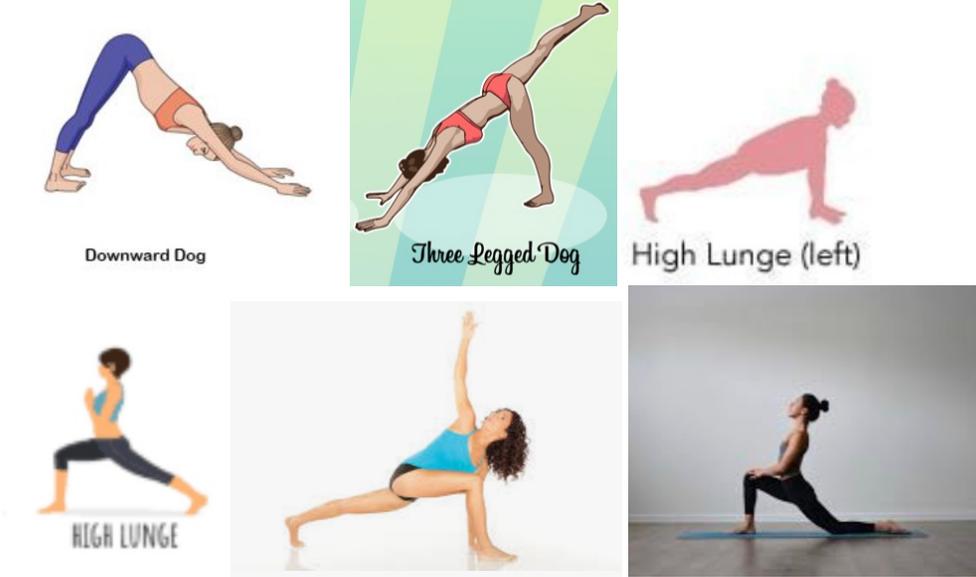
**Let's Practice
Setting the Tone for our Day**

Lying on your back	Pranayama – Breath awareness		
	Hip Releases		
	Leg Opening and Lengthening		NOTE: Many variations here. Purpose is to lengthen and open legs, with or without a strap and using hands as needed for support.

	Twists		
	Bridge		
	Hip Opening		
Transition to Standing	Downward Dog <ul style="list-style-type: none"> • with or without blocks 		

<p>At the Wall</p>	<p>Down Dog</p>		
	<p>Hamstring opening – Balance and when ready, raise arms overhead, palms facing each other</p>		
	<p>Side Angle</p>		<p>NOTE: This photo isn't entirely accurate. Place the bent knee's foot in the chair.</p>

<p>Standing</p>	<p>Tadasana with various arm positions</p> <ul style="list-style-type: none"> • Arms by your side • Arms Up • Arms out 	   <p>Mountain Pose</p>
	<p>Vinyasa – Flowing movement with breath</p> <ul style="list-style-type: none"> • Arms raise into standing backward bend • Swan dive FB and then back up to standing • Hands/Fingers Lace overhead and then into a side stretch to each side Arms Lower to your side • Arms raise to shoulders height and then twist to each side • Back to center and then arms raise and then knees bend into Chair Pose -- hold and shift weight into one leg/hip and lift the heel of the other foot and repeat to both sides; Stand and raise arms into prayer position <p>Repeat Sequence 2-3 times.</p>	      <p>Forward Fold</p>

	<p>Wide Legged Forward Bend</p>	
<p>Transition to floor</p>	<p>Downward Dog series</p> <ul style="list-style-type: none"> • Hold • One Leg Lifted • Step through to High or Low Lunge • Add arms raised to gentle backward bend or into prayer position • Twist 	 <p>NOTE: You can also do this in a low lunge variation with the back lower leg to the floor.</p>
	<p>Child's Pose</p>	 <p>NOTE: Let your forearms rest to the floor or take your arms down by your side.</p>

Seated	Dandasana/Stick Pose		
	Twists		
	Asymmetrical Forward Bend		
Lying on your back	Bound Angle Pose, Reclining and Supported		
	Savasana/Sivasana		