
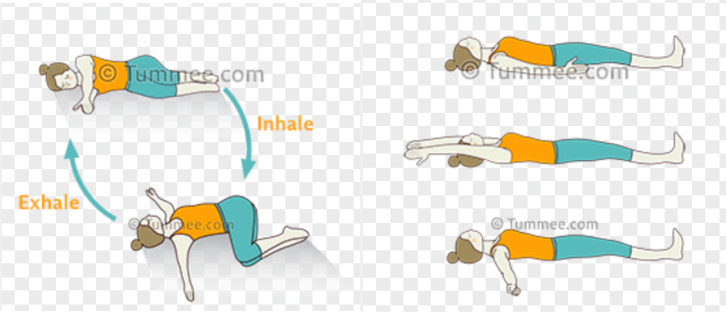

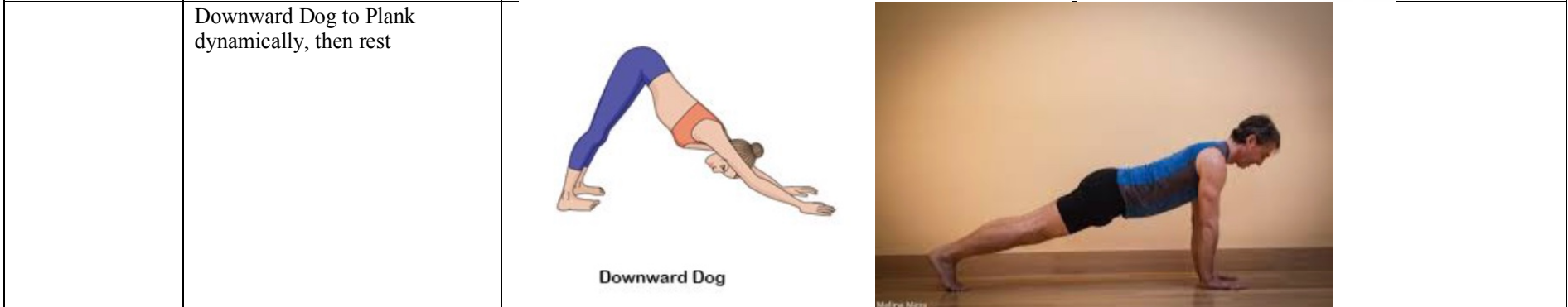
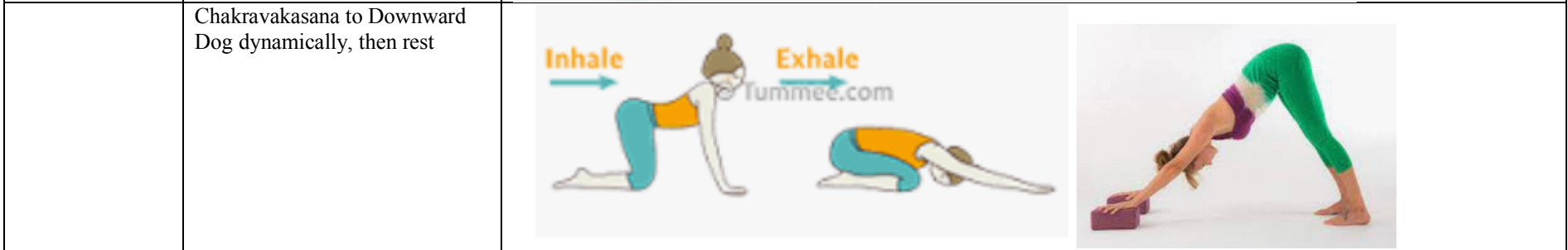
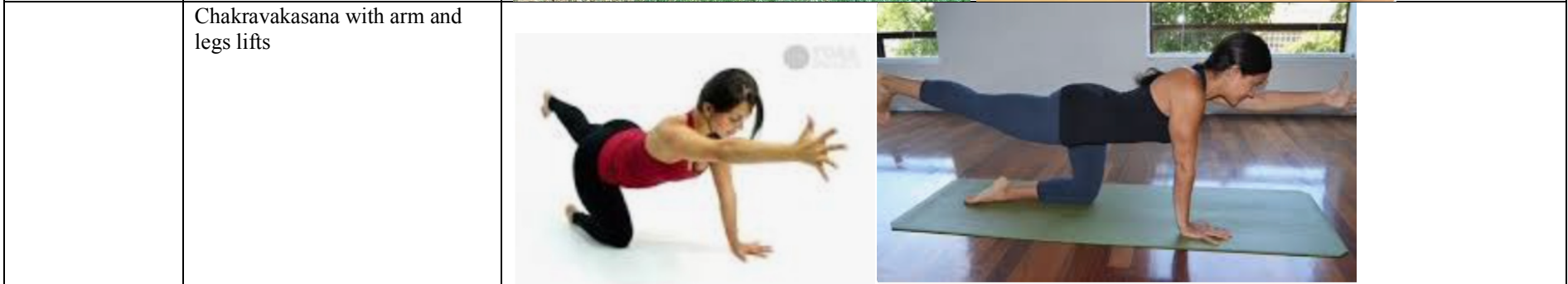







Arms and Abdominals – Strength and Flexibility

Props: mat, wall, blocks

<p>Reclining</p>	<p>Breath, Focus, Relaxation</p>		
	<p>Arm Sweeps and Head Lifts</p>		
<p>Hands and Knees</p>	<p>Table, Cat-Cow</p>	 <p style="text-align: center;">Cat-Cow</p>	

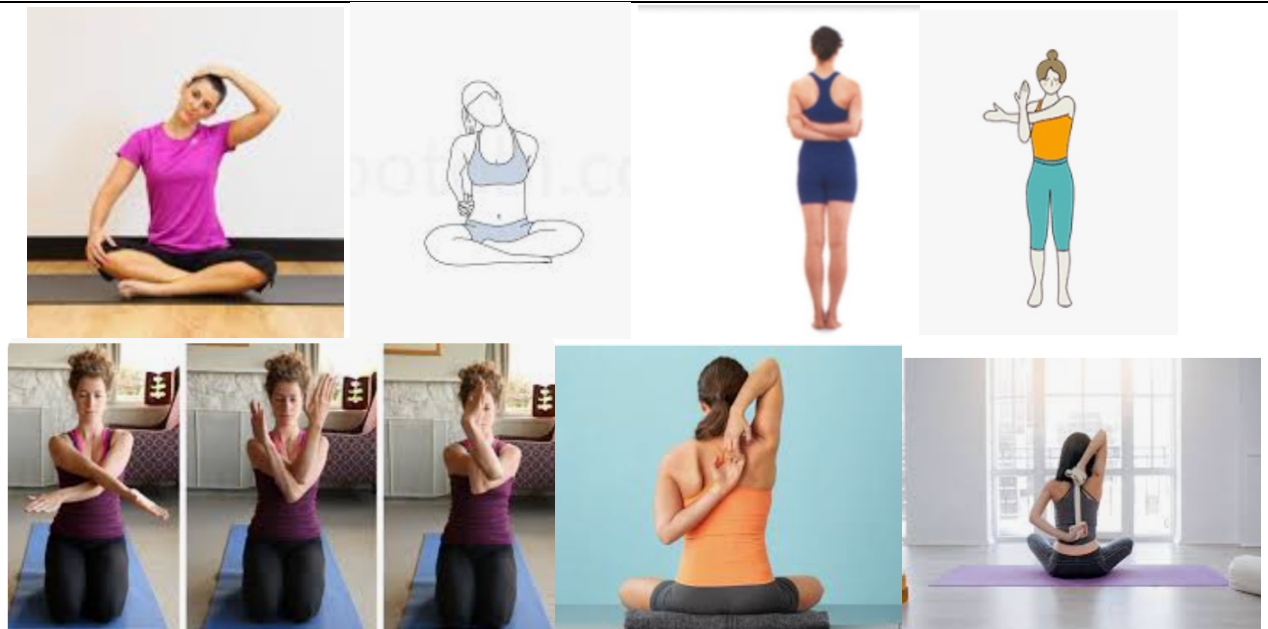


	<p>Downward Dog to Upward Dog dynamically, then rest</p>	 <p>Downward Dog</p>		
	<p>Downward Dog, hold, then walk hands and feet together into Uttanasana/Forward Bend, then round to standing</p>	 <p>Downward Dog</p>		 <p>Mountain Pose</p>
<p>Standing</p>	<p>Mountain Pose, with arm variations for height and grounding</p>	 <p>Mountain Pose</p>		

General Head, Neck and Arm
Warm-up movements for
opening and range of motion

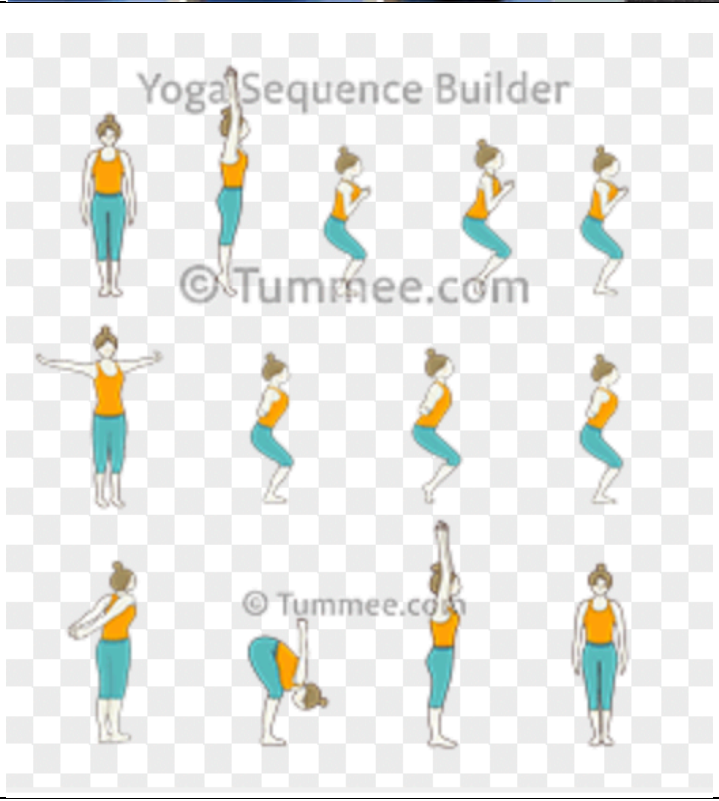
Starting in Tadasana/Mountain
pose, Breathe, Focus, Connect.
Then raise arms and Lengthen.
Then sweep arms up and let your
gaze follow and exhale lower
your arms and let your gaze
follow NOTE: Sweeping is not
pictured

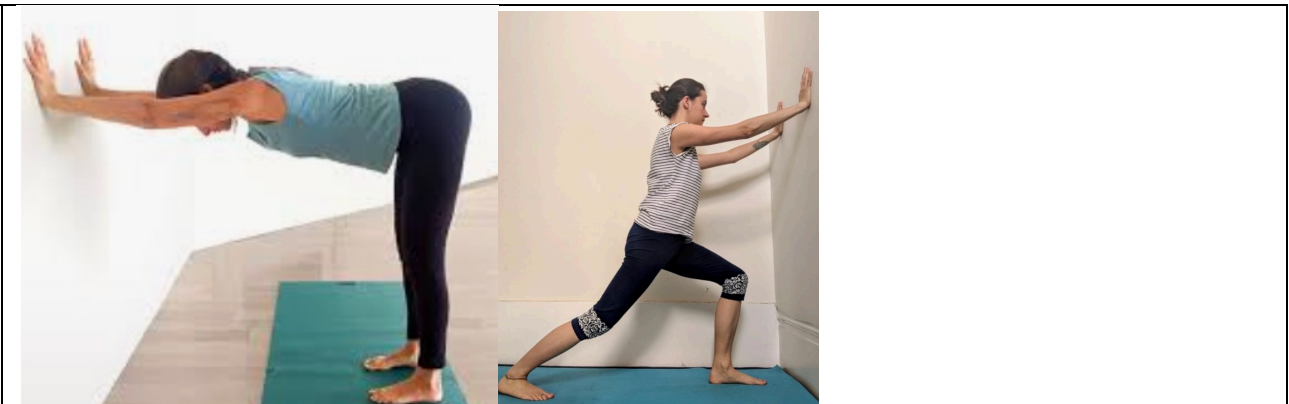
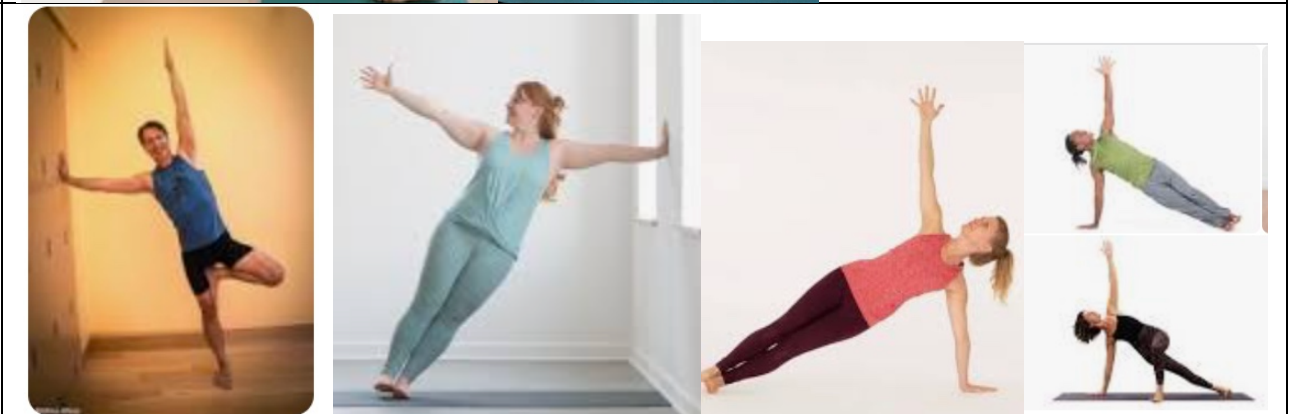

Then continue with additional
shoulder and throat opening
movements e.g. those pictured
here.















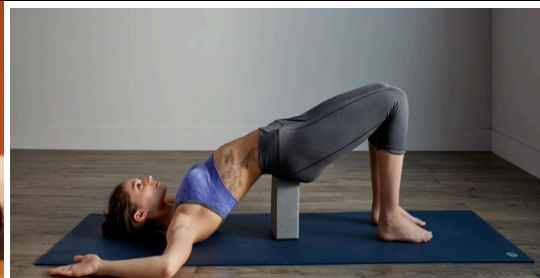
Standing Vinyasa ending in
chair pose
Repeat 3 rounds

Start in Mountain' Swan Dive/
Forward Bend on an exhale;
Inhale Reverse Swan back to
standing lacing fingers and
pressing palms to the ceiling;
Exhale Side Stretches to each
side; Lower arms to shoulders
height, palms up on an inhale
and then exhale, twist to each
side; Coming back to center on
an inhale, stay for an exhale;
Raise your arms overhead on an
inhale and exhale sitting into
Chair pose: Stay several breaths
first with bent elbows moving in
an out with the breath and then
extending arms forward and up,
palms facing one another.



<p>At the Wall</p>	<p>Half Forward Bend Then lunge repeat both sides</p>	
	<p>Side Plank with outer legs bent to inner thigh</p>	
	<p>Forward Bend NOTE: Can be done using the wall if desired – feet out for the wall about 12 inches and hips resting back into the wall.</p>	

<p>Standing</p>	<p>Wide legged Forward Bend</p> <p>To Wide-Legged Downward Dog</p> <p>To Opposite toe touch</p> <p>Then hold to each ankle with “back” hand reaching around to hold the little toe side of the foot or ankle. Let your head release and soften in the shoulders.</p> <p>Then Side Lunges</p>	    
	<p>Trikonasana and then Warrior II (repeat both sides)</p> <p>To Side Angle with gaze lifted to look at an in-turned palm</p> <p>Then turning your gaze to floor and folding the upper arm to low back/waste. Soften the rear side of your throat and let the rear shoulder rest against your back.</p> <p>NOTE: Not shown.</p>	  <p>Warrior II</p>   

<p>Transition to Floor</p>	<p>Downward Dog, then to table and then forearms to the floor (fingers laced optional)</p>	 <p>Downward Dog</p>		
	<p>Dolphin to Plank, dynamically</p>			
<p>Reclining</p>	<p>Rest</p>			
	<p>Bridge with arm sweeps, hips up on inhale and down on exhale</p> <p>NOTE: NOT SHOWN - Arms sweep to the floor above your head on the inhale and back down by your side on the exhale.</p>	 		

	<p>Simple twists</p>	
	<p>Heart lifted on a bolster with legs extended or in Supta Baddha Konasana/Bound Angle</p>	
	<p>Sivasana to Rest</p>	