

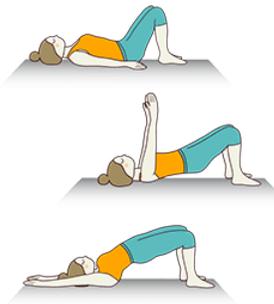
10/20/25 Flows



Exhale, press the spine into the floor, inhale, arch the spine away from the floor, 6x



Place feet wider than hip width apart. Alternate sides, bringing one knee down across the midline.



Inhale, lift the hips and the arms, reaching the arms all the way behind you, exhale lower the hips and the arms. 6x



Roll head side to side



Draw one knee in, keep the other leg straight. Then hold behind the thigh and straighten-bend knee.



Repeat 6x with legs going straight up, then with legs going to half way down (45 degrees). Focus on the core.



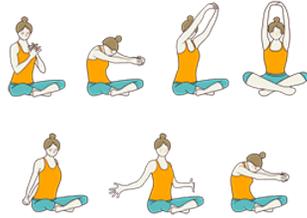
Sit on a folded blanket or pillow. Inhale, extend the spine, exhale round. Repeat 6x.



Inhale, open arms out to the sides, exhale, reach over to one side. 6x



Start in a cross-legged position. Inhale, lengthen up, exhale, take right hand behind you, left hand to the right knee. Inhale, come back to center, exhale, repeat to the other side. Repeat each side 3 times, alternating.



Circle the arms through these positions, 3x



From table, exhale into child's pose, use the core to lift and kneel with arms up, land back in table with control. Add spinal extension on the inhale, then exhale back into child's. repeat x4-6



Rest for 4 breaths.



Move hips forward and back, coordinating with breath.



Tuck the towels under and straighten the back leg. Keep weight even in both legs and out of the hands.



Keep feet grounded, descend the hips, keeping spine upright. Hold for 6 br.



Extend arms and legs. Alternate between this position and the one before, x4-6



Step legs wide apart, turning the feet to the right, bend the knee over the heel, chest facing the long side of the mat. Stretch the arms out to the sides. Hold for 2-3 breaths, then reverse as in the following picture and hold for 2-3 breaths. Repeat on the other side.



Variation of the Warrior pose, reversing the arms



From previous pose, reach towards bent knee leg into side angle pose



Step legs wide apart, fold from the hips. Hold for 3-4 breaths, take right hand to the hip and twist to the right, alternate sides. Walk hands back for a forward bend.



Lengthen up through the spine on the inhale, twist from the belly on the exhale, repeat for several breaths, then do other side



Press the feet and the shoulders into the floor, inhale, roll the spine up, exhale, roll down. Bring movement into the upper back. 6x



Cross right leg over the left knee, press right knee out. Move legs and hips from one side to the other, starting with about 50% range and eventually going to the floor as comfortable. Use abdominals to control the twist.



Start with knees bent, feet on the floor. Slide hips to the right, draw knees into the chest and move knees to the left. Use support for the top leg as needed. Turn chest away from the knees to bring twist into the upper back. Rest 2-4 min on each side.



Bring knees into the chest, relax the back gently rocking side to side.



Rest in a comfortable position, eyes closed. Progressively relax the whole body from the feet up. 1-2 min