

# FLEXIBILITY FOCUS SEQUENCE

Duration: 30 Minutes & Level: All Levels

Child's Pose

2 Minutes

Downward Dog

5 Breaths

Forward Fold

1 Minute

Low Lunge

1 Minute / Side

Pigeon Pose

3 Minutes / Side

Seated Twist

1 Minute / Side

Cobra Pose

30 Seconds

Butterfly Pose

2 Minutes

Savasana

5 Minutes

Mindful Movement Series Sheet No. 01-F