

VINYASA FLOW

60 Minute Intermediate Sequence â€¢ Focus: Grounding & Heart Opening
CENTERING & WARM-UP

01
Child's Pose **INHALE/EXHALE** *Balasana*

02
Cat-Cow **FLOW** *Marjaryasana-Bitilasana*

03
Downward Facing Dog **EXHALE** *Adho Mukha Svanasana*

04
Forward Fold **EXHALE** *Uttanasana*

SUN SALUTATIONS (SURYA NAMASKAR)

05
Plank to Chaturanga **EXHALE** *Chaturanga Dandasana*

06
Upward Facing Dog **INHALE** *Urdhva Mukha Svanasana*

STANDING FLOW

07
Warrior II **EXHALE** *Virabhadrasana II*

08
Reverse Warrior **INHALE** *Viparita Virabhadrasana*

09

Extended Side Angle **EXHALE** *Utthita Parsvakonasana*

10

Triangle Pose **5 BREATHS** *Trikonasana*

CLOSING & SAVASANA

11

Bridge Pose **INHALE** *Setu Bandha Sarvangasana*

12

Corpse Pose **REST** *Savasana*