

FLEXIBILITY SEQUENCE

Hold each pose for 5-10 deep breaths

01 Child's Pose

Gently stretch the lower back, hips, and thighs. Focus on grounding the forehead.

02 Downward Facing Dog

Elongate the spine and stretch the hamstrings and calves. Peddle the feet if tight.

03 Low Lunge

Drop the back knee to the mat. Focus on opening the hip flexors and chest.

04 Half Split

Shift weight back and straighten the front leg. Flex toes toward the face.

05 Pigeon Pose

Deep glute and hip opener. Ensure hips stay level and square to the front.

06 Seated Forward Fold

Reach for shins or feet. Focus on leading with the heart rather than the head.

07 Butterfly Pose

Press soles of feet together. Use elbows to gently guide knees toward the floor.

08 Supine Twist

Releasing the spine. Keep both shoulders glued to the mat while twisting.