


ReConnect

Kristen Porter


• 30 mins

2m




1. Easy Pose
Center using Shakti Mudra

2m




2. Seated Torso Circles
Rotate from the waist - left 1 minute;
right 1 minute

1m




3. Cat Cow Pose
Inhale cow; exhale cat

30s




4. Downward Facing Dog Pose
Stretch and move; transition to
Mountain

30s




5. Mountain Pose

1m




6. Flamingo Pose
30 seconds each side

30s




7. Chair Pose Airplane Arms

30s




8. Chair Pose

1m



9. Standing Forward Fold Pose

1m



10. Runners Lunge Pose
next 3 poses - :30 each on right; :30
each on left

1m



11. High Lunge Pose

1m



12. Standing Split Pose

30s



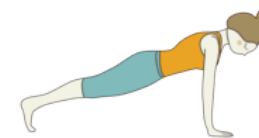
13. Mountain Pose

1m



14. Garland Pose

30s



15. Plank Pose

Beginners place a rolled blanket under your heels

1m



16. Downward Facing Dog Pose

30s



17. Crow Pose

Advanced pose. Beginners do plank.

30s



18. Kneeling Pose Arms Raised

1m



19. Camel Pose

Beginners, keep hands on lower back

1m



20. Child Pose

1m



21. Bow Pose

1m



22. Sphinx Pose

3m



23. Half Pigeon Pose

1:30 on each side

1m



24. Seated Forward Bend Pose

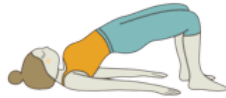
1m



25. Boat Pose

Beginners keep hands on legs and bend knees

1m



26. Bridge Pose

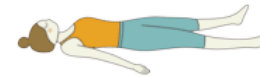
1m



27. Supine Windshield Wiper Twist Pose

Move from side to side with breath

3m



28. Corpse Pose