

Reinspire

Kristen Porter

• 30 mins

2m



1. Easy Pose

Center and use Garuda Mudra

4m



2. Bound Angle Pose

Hold 3 min

Counter: Legs straight;
chest up 1 min

5m



3. Cow Face Pose

Hold 2 min each side - legs only;
hands can be on the floor
Counter: Shake legs
30 sec each side

3m



4. Seated Forward Bend Pose With Block

Hold 2 min

Counter: Corpse
stretch 1 min

5m



5. Supine Spinal Twist Eagle Legs Pose Variation

2 min ea side

Counter knees to chest :30 after
each side

3m



6. Sphinx Pose

Hold 2 min

Counter: Child's 1 min

5m



7. Half Pigeon Pose

Hold 2 min each side

Counter: 30 seconds
puppy after each side

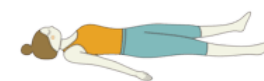
2m



8. Banana Pose

1 min each side

1m



9. Corpse Pose