

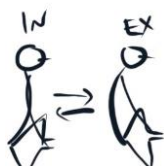
1st Chakra Focus



Centering & affirmations
3 min



Sufi Grind (L&R)
2 min



Camel Ride
1 min



Washing Machine
Inhale left, exhale right
1 min



Cat Cow
1 min



Downward Dog to Forward Fold
1 min



Chair
1 min



Standing Forward Fold
1 min



Standing Big Toe
(30 sec ea side)
1 min



Downward Dog to Cat Cow
1 min



Staff
1 min



Seated Forward Fold
1 min



Boat (Breathing)
1 min



L+R

Reclined Big Toe
(30 sec ea side)
1 min



Happy Baby
1 min



Bridge with leg raised
(30 sec ea)
1 min



Knee Circles
1 min



Reclined Staff
(block optional)
2 min



Reclined Pigeon
(1:30 ea side)
3 min



Reclined Side Twist
(1:30 ea side)
3 min



Savasana
2 min



BEYOND DOWN DOG

duration: 30 minutes

skill level: All

notes: Always consult your medical professional before doing yoga.