

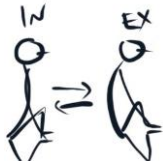
2nd Chakra Focus



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



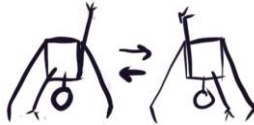
Downward Dog to
Forward Fold
1 min



Wide Leg Forward
Fold to Goddess
1 min



Tree
(1 min. ea side)
2 min



Wide Leg Forward
Fold w/ alternate arm
raises (with breath)
1 min



Garland
(place rolled blanket
under heels if needed)
1 min



Forward Fold
1 min



Butterfly
1 min



Cat Cow
1 min



Pigeon
1 min ea side
2 min



Plank
(use knees if needed)
1 min



Seated Twist
(1 min ea side)
2 min



Cow's Face
(alternate arms)
1 min



Staff
2 min



Butterfly
3 min



Savasana
3 min

