



Week 1:
Saucha. Cleanse. Clear. Create Sacred Space.

Center into Breath + Set Intention:



Sukhasana
Easy

Warm up + Intuitive Movement:



Balasana
Child's Pose



Bitilasana
Cow



Marjaryasana
Cat



Malasana
Squat



Standing Side Bend





½ Salutations X 3:



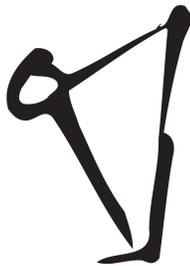
Tadasana
Mountain



Utthitta Tadasana
Extended Mountain



Uttanasana
Standing Forward Bend



Ardha Uttanasana
Standing Half Forward Bend



Uttanasana
Standing Forward Bend



Utthitta Tadasana
Extended Mountain

Sun Salutation A x3:



Tadasana
Mountain



Utthitta Tadasana
Extended Mountain

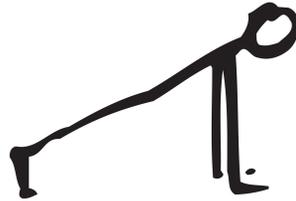


Uttanasana
Standing Forward Bend





Ardha Uttanasana
Standing Half Forward Bend



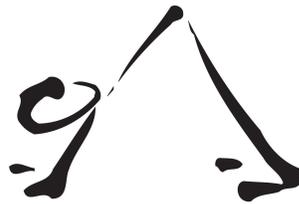
Plank



Chaturanga Dandasana
Four Limbed Staff



Bhujangasana
Cobra



Adho Mukha Svanasana
Downward Facing Dog



Ardha Uttanasana
Standing Half Forward Bend



Uttanasana
Standing Forward Bend



Utthitta Tadasana
Extended Mountain

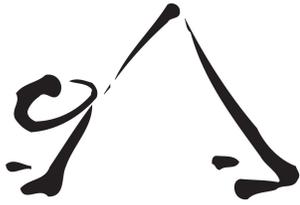


Tadasana
Mountain

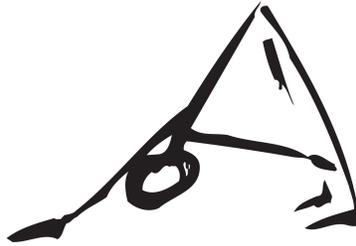




Standing Flow #1:



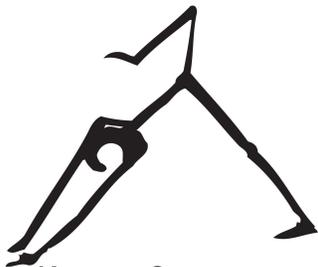
Adho Mukha Svanasana
Downward Facing Dog



Parivrtta Adho Mukha Svanasana
Downward Dog with a Twist



Eka Pada Adho Mukha Svanasana
One Leg Downward Dog



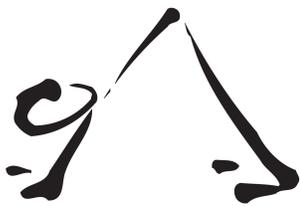
Kumara Svanasana
Downward Dog - Hip Opening



Banarasana
High Lunge



Anjaneyasana
Low Lunge



Adho Mukha Svanasana
Downward Facing Dog

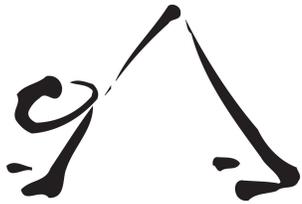


Virabhadrasana I
Warrior I



Virabhadrasana II
Warrior II



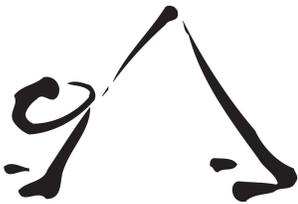


Adho Mukha Svanasana
Downward Facing Dog



Balasana
Child's Pose

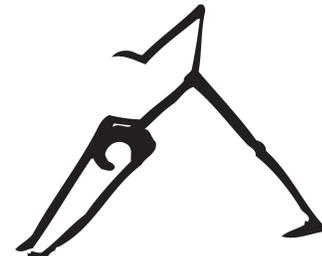
Standing Flow #2:



Adho Mukha Svanasana
Downward Facing Dog



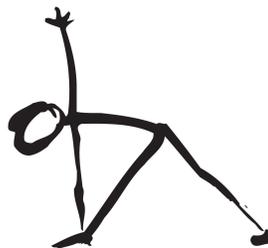
Eka Pada Adho Mukha Svanasana
One Leg Downward Dog



Kumara Svanasana
Downward Dog - Hip Opening



Banarasana
High Lunge



Utthita Trikonasana
Extended Triangle



5-Pointed Star

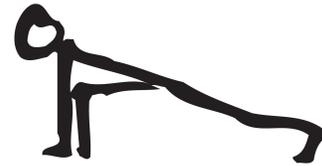




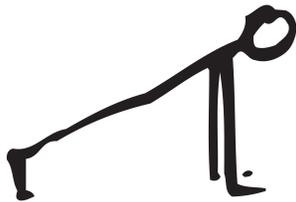
Prasarita Padottanasana
Wide-Legged Forward Bend



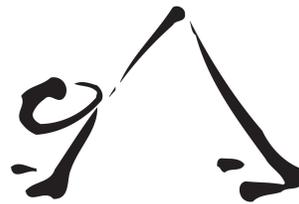
Goddess



Banarasana
High Lunge



Plank

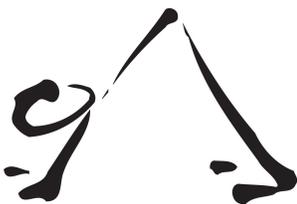


Adho Mukha Svanasana
Downward Facing Dog

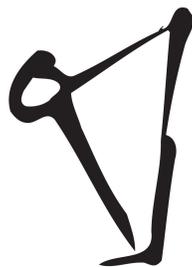


Balasana
Child's Pose

Equanimity:



Adho Mukha Svanasana
Downward Facing Dog

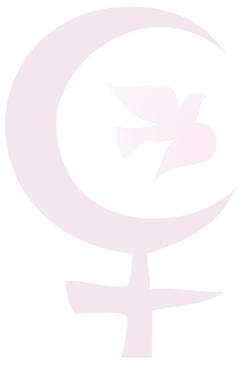


Ardha Uttanasana
Standing Half Forward Bend



Uttanasana
Standing Forward Bend





Utthitta Tadasana
Extended Mountain



Tadasana
Mountain



Vrksasana
Tree

Transitional Vinyasa:



Tadasana
Mountain

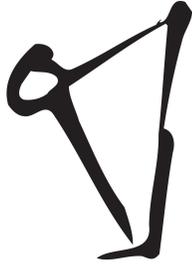


Utthitta Tadasana
Extended Mountain

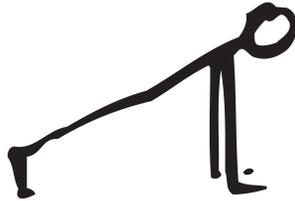


Uttanasana
Standing Forward Bend





Ardha Uttanasana
Standing Half Forward Bend



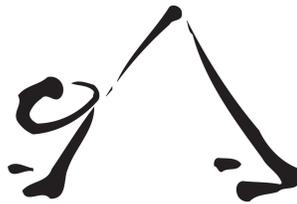
Plank



Chaturanga Dandasana
Four Limbed Staff



Bhujangasana
Cobra



Adho Mukha Svanasana
Downward Facing Dog

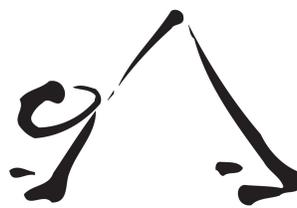
Hip Openers:



Sukhasana
Easy



Baby Cradle

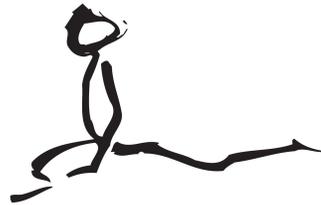


Adho Mukha Svanasana
Downward Facing Dog





Eka Pada Adho Mukha Svanasana
One Leg Downward Dog

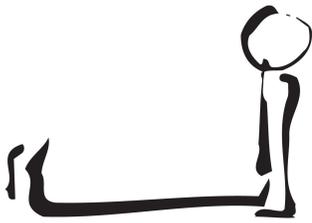


Eka Pada Rajakapotasana
One-Legged King Pigeon



Sleeping Pigeon

Forward Bends + Twists:



Dandasana
Staff



Paschimottanasana
Seated Forward Bend



Baddha Konasana
Bound Angle



Marichyasana III
Marichi's Pose III





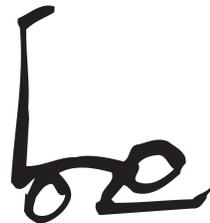
Final Relaxation Poses:



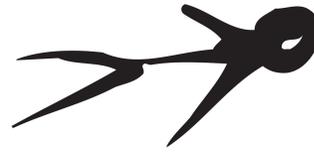
Ananda Balasana
Happy Baby



Apanasana
Knees to Chest



Viparita Karani
Legs Up the Wall



Savasana
Corpse

Dedication + Gratitude:



Sukhasana
Easy

Namaste

