

Sun Salutation A: A quick flow to wake up the body and connect breath to movement.
Downward Facing Dog→Forward Fold→Halfway Lift→Forward Fold→Mountain Pose→Forward
Fold→Halfway Lift→Downward Facing Dog



DOWNWARD FACING DOG: Feet hips width distance apart, heels reach towards the mat, slight bend in your knees, hips reach up and back, spread fingers out wide, weight through thumb and forefinger, shoulders away from your ears, gaze at your feet.



FORWARD FOLD: Feet hip width distance apart, a slight bend in your knees to avoid overextending your knee joint, torso folded over legs, upper body hangs heavy towards the floor, relax your head, neck and shoulders.



HALFWAY LIFT: Feet hips width distance, lift torso up and off your thighs, spine is long and flat, reach the top of your head forward, hands rest on shins or thighs.



MOUNTAIN POSE: Ground through the four corners of your feet, feet hips width distance, suck your low belly in to tuck your tailbone down, reach tall through the crown of your head, arms overhead (not shown in picture), pinkies spiral in towards one another.

Restorative Poses to Hold and Breathe in:



CHILD'S POSE: Sitting on your knees, bring knees wide and big toes to touch behind you, relax your torso towards the earth, belly between thighs, hips resting on heels, head to rest on a block or the earth, arms stretched long overhead and shoulders relaxed.



RAG DOLL: From standing, set feet hip width distance or wider, bend your knees generously, hinge from your hips and let your torso fall towards your thighs, reach hands to opposite elbows, relax head and neck down.



SEATED FORWARD FOLD: Sitting on your tailbone, stretch both legs out long in front of you, bend your knees to point of comfort, reach arms up overhead and find a long, tall spine; start to lean forward bringing your upper body towards the earth, hands rest on whatever they can reach.



SAVASANA: Lay on your back, legs stretch long, feet fall wide, arms rest long by your sides, palms face up, eyes closed. The goal of this pose is to be completely supported by the earth beneath you, not using any muscles.