

## **Cinco En Mayo Yoga & Functional Movement Floor Routine**

**Opening GALE (Ground, Activate, Loosen, Energize) Body Sequence:** 1) Shake entire body, 2) Whole Body Tap (ground up front, back, head, face, lymph nodes), 3) Head/Face Swipes (forehead, cheekbones, eyes, temples, ears) 4) Neck (Yes, No, Side to Side, Rotate Head R/L, Balanced Head Infinity Movement), 5) Shoulders (Scrunch up/down, forward/backward, rotate forward/backward), 6) Hand Stretches (Fingers, Wrist, Creating Chi), 7) Shoulder (Cactus Arm Stretches, Alternating crossover front arm swing chest high, Overhead arm swings (forward, backward), 8) Upper body spinal twist left/right arm swing, 9) Hips (pelvic thrust forward and back, hips side to side, rotation of hips (both Directions), 10) Knees (knees over toes & straighten, knees in/out to either side, rotation of knees (both directions), 11) Feet (alternate toe/heel raises, alternate inside/outside foot rolls).

**Breath and Balancing Sequence:** 1) Needle Pose, 2) Forward Bend, 3) Gorilla Pose, 3) Forward Bend, 4) Needle Pose w/ Stretch (Left Side, Right Side, Backward), 5) Forward Bend, 6) Gorilla Pose, 7) Forward Bend, 8) Mountain Pose, 9) Balancing Heel to Glute Quad Stretch (R & L), 10) Dancer Pose R/L, Needle Pose, 11) Forward Bend, 12) Gorilla Pose, 13) Forward Bend, Mountain Pose, 14) Chair Pose, 15) Needle Pose.

**Walking the Plank Sequence:** 1) Down Dog, 2) High Plank, 3) Low Plank, 3) Up Dog, 4) Low Plank, 5) High Plank, 6) Down Dog, 7) High Plank, 8) Side Plank Left, 9) High Plank, 10) Side Plank Right, 11) High Plank, 12) Down Dog, 13) High Plank, 14) Low Plank, 15) Up Dog, 16) Low Plank, 17) High Plank, 18) Down Dog

**Recovery and Grounding Sequence:** 1) Table Pose, 2) Cat/Cow, 3) Puppy Dog Wags, 4) Trunk Circles, 5) Alternate Arm & Leg Raises, 6) Modified Childs Pose, 7) Rabbit, 8) Modified Locust Pose, 9) Camel Pose, 10) Hero Pose, 11) Heel/Toe Stretch, 12) Down Dog

**Exalted Khali Sequence:** 1) Left leg Crescent Lunge, 2) Move both hands inside left knee, 3) Right palm stretch in front, up and over back and return, 4) Left palm stretch in front, up and over back, and return left hand to outside Left knee, 5) drop right knee to Knee Lunge, 6) lift right knee off ground to Crescent Lunge, 7) Revolved Crescent Lunge (Right elbow over left knee), 8) Return to Crescent Lunge (Repeat Right Side), Down Dog.

**Straddle & Stretch Sequence:** 1) Left Leg Forward, 2) Arms extend upward palms together in prayer position, 3) Forward Bend at hips, 4) Grasp both ankles, 5) Both hands grasp left ankle, 6) Both hands to center, 7) Both hands grasp right ankle, 8) Both hands back to center, 9) Grasp both hands behind back, 10) Extend hands upward, 11) Lift at hips to straighten upper body, 12) Release hands to return overhead prayer position.

**Egyptian Goddess Spinal Sequence:** 1) Horse Pose, 2) Extend arms out to sides, palms vertical, shoulders level, 3) Push palms to either side keeping shoulders level, Yogi Squat, "Bird of Paradise" Hip Recovery Sequence (L&R).

**Core Strengthening Sequence:** 1) Needle Pose, 2) down to Toe Squat, 3) back up to Needle Pose, 4) Flatten feet down to Squat Pose, 5) Seated Staff Pose, 6) Tortoise Pose, 7) Boat Pose in 6 Directions (center, right, left, under, back, above, back to center), 8) Bridge w/ Leg Extensions (R&L), 9) Right knee to chest, twist knee across body to left, repeat on right side) 10) Roll Side to Side then Back & Forward, 11) Shoulder Stand, 12) Plow, 13) Happy Baby Pose.

**Opening the Universe Sequence:** 1) Down Dog, 1) Deer Pose Right (Uprighted, Extended, Flexed), 2) Pigeon Pose Right (Uprighted, Extended, Uprighted), 3) Down Dog Right Leg Extended, 4) Down Dog (Repeat for Left side).

**Grounding and Gratitude Sequence:** 1) Mountain Pose, 2) Anjali Mudra, 3) Breathe, 5) Sivasana, 6) Close