

## 1. SET UP YOUR SPACE:

Find a quiet spot to roll out your mat. Grab the things you like to use in class, like a pillow or blanket. Maybe you put some quiet music on to help drown out the noise outside of your room. Leave the tv & phone off.

## 2. BREATHE:

Get comfortable, then start with a big breath in & a sigh. Repeat as many times as you want, then shift into your yoga breath. A hand to the heart & belly is nice, so you can connect to that breath as it fills up your lungs from the bottom to the top, then empties from the top down.

## 3. SEATED POSES:

I like to start at the top of my spine and move down towards my foundation.

Try things like:

- neck stretches/head circles
- arm/shoulder/wrist/hand stretches
- rib circles
- spinal twists
- seated cat/cow stretches
- a forward fold

## 4. FROM HANDS & KNEES:

Rearrange to find your favorite version of child's pose for a few breaths. From there, raise up to table and find where you could use a stretch. Here are some ideas:

- move your table in circles
- flow from down dog to child's pose
- tuck your toes & stretch your feet
- low lunge on the right & left side
- Cat/Cow, or a side to side stretch

## 5. STANDING POSES:

Stand up in a strong mountain pose, then add on:

- rock back & forth on your feet, then stretch overhead & side to side
- ragdoll pose
- Extended leg stretch to warrior 1
- warrior 2 to reverse warrior to extended side angle
- wide-leg forward fold
- goddess pose

## 6. SUPINE POSES:

Lie down with your feet flat on the floor. Add your favorite moves:

- windshield wipers
- reclining pigeon (figure 4 stretch)
- extended leg stretches
- knees in to chest
- ankle rolls
- point toes to ceiling

## 7. SAVASANA:

Arrange your body comfortably & consciously relax piece by piece. Reconnect to the feeling of your breath & focus your mind on the breath sensation.