

- Knees to Chest
- Rock side to side
- Cat/Cow
- Hero's Pose
- Pump arms
- Child's Pose
- Table Top
- Down Dog
- Roll up to standing



2 rounds each side

- Sun Salutation
- Locust Pose alt arms and legs
- Childs
- Table Top
- High Lunge
- Lunge Twist
- Forward Fold
- Repeat Left Side



1 round each side

- Seated twist
- Janushirsasana
- Savasana -Rest



1. Centring



2. Pelvic Rocking and Leg Extension



3. Cat-Cow Stretch



4. Arm Sweeps



5. All-Fours to Downward Facing Dog Pose



6. Standing Forward Bend curling Up to Standing



13. Three rounds of classic sun salutations



17.



18.



2.



Low Lunge



Twisted Low Lunge



25.



26.