



BEG. Class 1

 **CENTER CORE CONDITIONING**

1. Finding Neutral
2. Hip Rolls

 **WARM-UP**

1. Table Pose
  2. Downward Facing Dog
  3. Ragdoll
  4. Mountain pose
  5. Half Standing Forward Fold
  6. Standing Forward Fold
  7. Downward Facing Dog
- \*\*Repeat 2X**

 **STRETCH SEQUENCE - BEGIN IN TABLE POSE**

1. Low Lunge
  2. Crescent Moon (place hands on front knee)
    - a. *Transition - Low Lunge*
  3. Half Pigeon
    - a. *Transition - Low Lunge*
  4. Half Splits
    - a. *Transition - Low Lunge*
  5. Open Hip Splits
    - a. *Transition - Low Lunge to Table Pose*
- \*\*Repeat the sequence on your left side. Upon completion, meet in Easy Seat.**
6. Bound Angle Pose
  7. Straddle Pulses

 **SAVASANA - BEGIN LYING**

In a comfortable position, spend at least 5 mins. in meditation, deep breathing, and/or giving gratitude. Also, a wonderful time to visualize, state your affirmations, or just rest and relish in the physical nutrition you just provided your body with your yoga practice.