**Sequence:**

* Standing in Mountain Pose **Tadhasana (\*)**
* Inhale Bring arms up
* Exhale fold down
* Inhale come up to the finger tips & straighten the back
* Exhale right foot to the back, left foot follows **Downward facing dog (\*)**
* Inhale come forward into **Plank**
* Exhale **Chatturanga**
* Inhale **Upward facing dog**
* Exhale **downward facing dog**
* Inhale come forward into **Plank**
* Exhale **knees, chest and chin**
* Inhale snake to the front (**little Cobra**)
* Exhale **downward facing dog**
* Inhale step the right foot in between the hands **Warrior 1 (\*)**
* Exhale here —--> count 5 breathes
* One last Inhale
* Exhale open to **Warrior 2 (\*)**
* Inhale here —--> count 5 breathes
* One last exhale
* Inhale extend the front leg
* Exhale lean forward and dive down **Trikonasana (\*)**
* Inhale here —--> count 5 breathes
* One last exhale
* Inhale come all the way up
* Exhale bend the front knee **Warrior 2**
* Inhale dancing warrior
* Exhale hand on the mat **Downward facing dog**
* Inhale come forward into **Plank**
* Exhale **Chatturanga**
* Inhale **Upward facing dog**
* Exhale **downward facing dog**
* Inhale come forward into **Plank**
* Exhale **knees, chest and chin**
* Inhale snake to the front **Little Cobra**
* Exhale **downward facing dog**
* Inhale walk with baby steps to the front of the mat
* Exhale fold down
* Inhale come all the way up palms touching
* Exhale arms alongside the body **Tadhasana**