A Basic sequence
thee hugs warm up / rotate on one gentle bridge
sit cross legged shoulder Ineck movements warm up anleles I knees
rengthen spine Cat on inhale / exhale mubilise spine Sit back - wrists
JA lunge - both sides shetch into hips
gentle twist Standing forward bend
1) Is inhale up / exhale down of standing
choose a standing pose To warrior 2
choose a balance of tree
CXII \ reax 3 mine

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