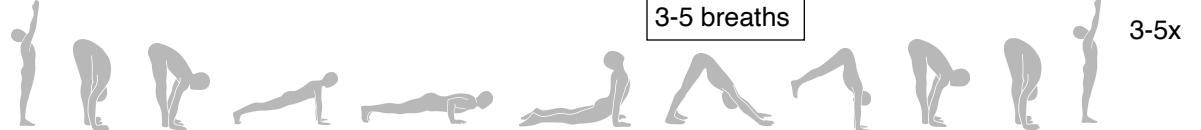


Integration



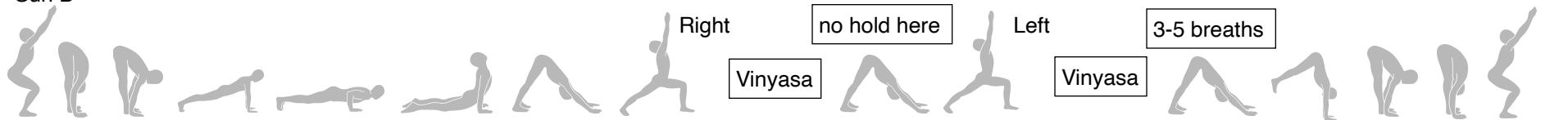
Om

Sun A



3-5x

Sun B



3-5x

Warrior



Vinyasa
Repeat
Other side

Right

Left

Vinyasa
3-5 breaths

Balance



Vinyasa

Don't do all these poses at once on one leg - mix in vinyasas or string a few poses together or do one at a time alternating with right and left

Triangle



Vinyasa
Repeat
Other side

Core



Backbends

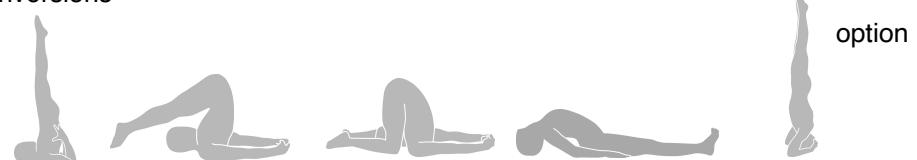


Vinyasa



Yoga Inside Out

Inversions



option

Hips - Pranayama - Meditation - Savasana



Vinyasa
Repeat
Other side

Vinyasa