

“When the breath wanders the mind also is unsteady. But when the breath is calmed the mind too will be still.” ~ Hatha Yoga Pradipika

1. Opening Awareness



Meditation Seated Twist Child's Pose

2. Opening Stretch

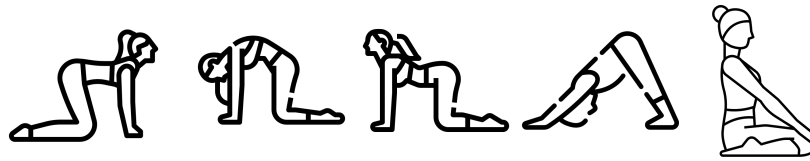
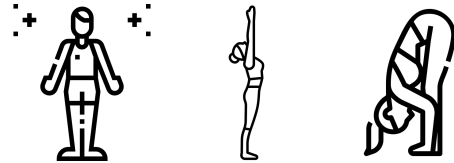


Table Cat Cow Down Dog Lions' Breath

3. Standing Breath of Joy



Mountain Extended Forward Fold

4. Floor Work



Alligator Cobra Lizard Pigeon

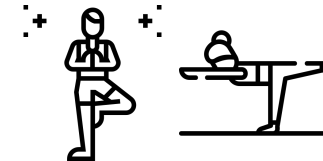
5. Balancing Breathwork



Star Warrior II Peaceful Warrior

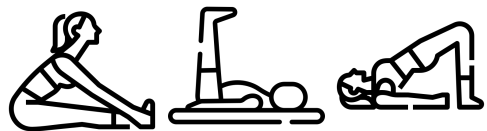


Chair Boat Butterfly



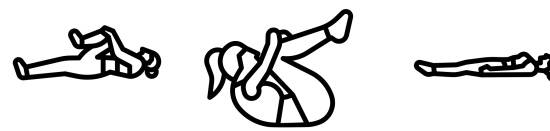
Tree Airplane

6. Inversions



Forward Fold Leg's Up Bridge

7. Relaxation



Reclined Twist Hug Shavasana