



YOGA FLOW

1.15.2015
#PRACTICEANYWHERE

WARM UP:

Start with your "warm-up" stretches or series to awaken the body.

FLOW:

Complete the left side (as shown below), start to finish. You will end up at the front of your mat.

Complete the right side and end at the front of your mat.

Repeat 1-3 times (repeat same sequence or advance the postures more each time).

LEFT SIDE



RIGHT SIDE (FACING SAME DIRECTION)

COOL DOWN:

End with a cool down sequence.

MEDITATION

"Just on the other side of fear is freedom."

- Lucina Basset