

HOLIDAY YOGA 2 MINI FLOW

1-3mins x3 R/L 4BRs 3BRs 4BRs 3BRs 5BRs

stick figure stick figure stick figure stick figure stick figure stick figure stick figure

knack rolls (knees option) Shphinx Pose locust Pose Extended Child's Pose

4BRs 3BRs R 2BRs 2BRs Plank (knees option) 3BRs each rep 2BRs

stick figure stick figure stick figure stick figure stick figure stick figure

Lizard pose Dynamic Cobra

5BRs R 2BRs 5BRs L 5BRs 3BRs 4BRs R 2BRs

stick figure stick figure stick figure stick figure stick figure stick figure stick figure

Half pigeon Melting heart Pose Warrior II

Repeat left side.

2BRs 2BRs 4BRs R/L 5BRs 4BRs Sawasana

stick figure stick figure stick figure stick figure stick figure stick figure

THUNDERBOLT * gently roll left/right * Give yourself 3-8 mins to Relax

knecs to chest pose