1. Easy Pose Circle both directions Come center: inhale, suspend, exhale 	2. Cat/Cow (3-5 times) 	3. Downward Dog (start with bent knees) 	4. Rag Doll
5. Standing – hands in prayer 	6a. Mountain Breath: Inhale up 	6b. Mountain Breath: Exhale Fold (3-5 times) 	7. Forward Bend with a Twist (L&R)
8. Mountain Pose 	9. Standing Side Bend (L&R) 	10. Plank – lower to stomach 	11. Sphinx
12. Rest on stomach forehead down 	13. Downward Dog 	14. Step feet forward. Rise to Mountain Pose 	15. Tree (L&R)
16. Down Dog to seated. Transition to back: • Legs straight • Arms stretched out in front with palms facing in • Tuck chin. Slowly roll back	17. Figure Four (L&R) 	18. Reclined Twist (L&R) 	19. Savasana