1. Warmup: (e.g., Kundalini Circles, Cat/Cow, Down Dog, Rag Doll)	2. Sun Salutation (3-5 sets)	3. Tree (L & R)	4. [***Left side Flow***] Warrior 2 (L)
5. Extended Side Angle (L)	6. Triangle (L)	7. Half Moon (L)	8. Wide Leg Forward Bend
9. Mountain Pose	10. [***Right side Flow***] Warrior 2 (R)	11. Extended Arm (R)	12. Triangle (R)
13. Half Moon (R)	14. Wide Leg Forward Bend	15. Standing Figure Four (L&R)	16. Child's Pose
17. Reclined Twist (L&R)	18. Savasana		

I am privileged to be leading you through a little bit of yoga at this retreat. We are here to talk about transforming our lives and that takes a lot of courage and confidence. So I thought a good focus for our yoga practice this weekend would be on building inner strength. So we will start with a bit of flow and some standing postures to build up heat and strength in our bodies and then we will finish off with some floor work to turn our focus inward and build mental strength.

Settle In

We are going to start the practice in child's pose.

Close your eyes. Take a few moments to settle in. Settle into your body. Feel your spine lengthen as the shoulders relax and draw down your back. Start by bringing your awareness into the room and the people around you. Feeling the energy of the room and the strength that we create as a group. Now start to draw your awareness inside your own body. Observe how your own energy feels right now. Maybe set an intention for yourself. It might be around building strength, welcoming change or whatever else feels right for your. Some people like to dedicate their practice to someone else. Settle into that intention as we hold this opening pose for a few breaths.

Warmup

Let go of alignment, relax abs

Kundalini circles in both directions

Smaller circles to sitting with spine extended

Inhale deeply, suspend breath, exhale patiently

Cat/cow 3x

Down dog, half with legs bent at first, then straighten and hold

Forward to plank

Lower on count of 4

Low cobra 3x

Child's pose