Seated Pose
Deep Breath-Arms Up
Prayer Hands
Reach Arms Up – Bring Hands Together

Reach Side – Count to 3

Reach to the Other Side – Count to 3
Helicopter Stretch

Face front with arms out to your sides

Twist your body to one side and look behind you and count to 3
Give yourself a hug

Wrap your arms around your chest.

With your arms wrapped around your chest turn to one side and look behind you and count to 3.
Straddle Pose

Open up your legs into a triangle

Slide your hands down your legs and blow on the mat. Count to 10
Twisted Straddle Pose

Reach arms out to the sides

Twist your body and reach your hand to your opposite foot. Count to 10
Birdie Balance

Cross Ankles

Balance your legs
Cat and Cow

Cat: Arch your back and look down

Cow: Curve your back and look up
Child’s Pose
Downward Dog
Down Dog Split
Super Hero

Raise right arm

Raise left leg
Super Hero

Raise left arm

Raise right leg
Full Super Hero
Superhero and Bow Pose

Fly your superhero. Arms and legs off the ground

Bend your knees, grab your feet and look up
Baby Cobra
Full Cobra
Dolphin Pose

Splash front and back

Tuck toes, lift knees up and rock front and back
Side Plank

Modified version

Full side plank
Frog Pose

On the count of three you will jump up to standing pose
Mountain Pose
Standing Deep Breath
Standing Prayer Hands
Standing Side to Side Stretch
Tree Pose
Tree Pose

(using the wall for support)
Warrior Two Pose
Crescent Moon Pose
Standing Deep Breath
Standing Forward Fold

Reach for your toes

Or hold your elbows
Butter Fly Balance Pose
Butter Fly Pose
Wake up Butterfly!
Table Pose
Seated Forward Fold
One Leg Table Pose
Seated Leg Extension... wave HI with your foot
Seated Leg Balance...
Wave HI with both feet
Rolling
Plow Pose
Reclined Leg Extension
Windshield Wiper Stretch
Bridge Pose
RELAXATION - Savasana  (shah-VAHS-uh-nuh)
NAMASTE

May the light within me see the light within you.