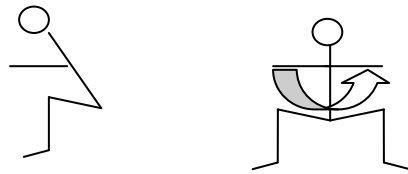
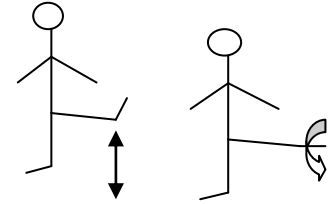


1. Warm up – Rising arms up –down in leg shoulder width apart, squats, upper body twists

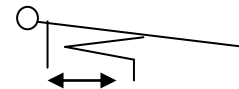


2. Standing on 1 leg – front leg lift, smooth movement no kicking
- leg circle (keep back straight) push heel away

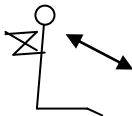


3. Roll down to plank – side leg lift – knee to the elbow (side or across)

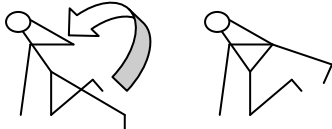
Child’s pose stretch



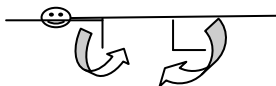
4. On knees – hands on shoulders, elbows high, buttocks tight – back tilt



5. From kneeling – extended side leg, one arm on floor, another arm touching ear – knee to the elbow



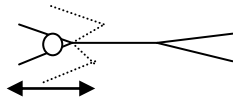
6. On all 4's - opposite arm to leg extension – knee to elbow under belly OR to the side



7. Lying on the side – elbow support – front leg kick (all movement from hip and at the hip level)

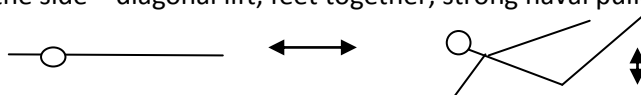
- from front leg kick – leg lift to 45degree up and down again to hip level
- from extended leg in line with spine – leg circles (back + front)

8. Lying down – navel in, body lift, legs high, arm extending front and back in 1 line, elbows squeezing in



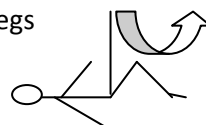
- top half lift few inch of floor - small object in hands – passing around without touching floor or buttocks, both directions

9. Lying on the side – diagonal lift, feet together, strong navel pulled in



- on 10th lift stay with legs high - scissors, straight back, tight core
- repeat on the other side

10. Lie down, knees bend, lower back and palms pressing into the mat, lift one foot up and circle D shape down to the floor on the exhale and up on the inhale – do both legs

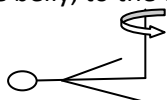


11. Bridge – hips up, knees hip width, roll down and repeat.



12. From bridge – lift heels of the floor and stay on your toes, open knees wide and squeeze them together.

13. Lying down – extend both legs to the sky – straight up, back pressing to the mat, circle both legs to the side, above belly, to the other side and away from belly – so circle around hips, start small



14. Turn on the side – triangle pose on palm or elbow, lift top hand up and curl around chest placing hand in the hole beneath you. Maintain good t-shape, repeat on the other side



15. Press ups – 10 x

16. Child pose rest and from there- front leg stretch

17. Rise up to standing – wide legs – standing flow – final cool down

Well DONE!!