

Centering ...

Zen: ... vajrapradama mudra
(trust) ... tulip wrist ...

WA ...

Cat ... side CP ... DD ... move
back SFB ... chair rides ...
ankle CAR / TW stork (sh rot)
... **knee ext pulses / hi ext
pulse

ENGAGEMENT:

1/2 Sun Salut 3x into SFB ...
crescent lunge w/ cactus arms
... release into pyramid*****

... SFB* ... rag doll to MP ...

OS

MP to quad/mini dancer ...

hug knee ... OS

Step back into moon split R&L

... WLFB****

COOLING:

Reverse pretzel into mod

pigeon ... staff w/ toe work ...

OS ... seated cat

Easy pose ... side bend into

neck stretch R&L ... ****scap

CARS ... wrist mvts ... Bhu

mudra w/ VNA