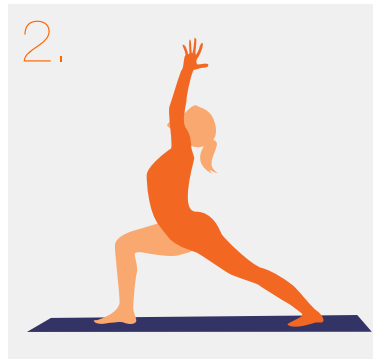


Total Body Yoga Flow

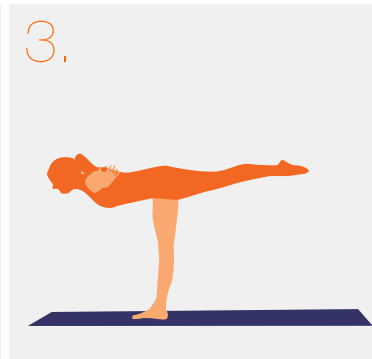
Hold each pose for five breaths, working through the sequence with the right (light orange) leg first and then the left.



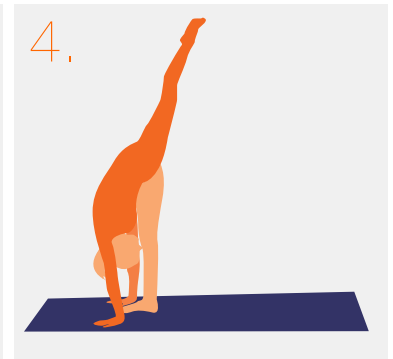
1. Down Dog Press your hands and feet into the mat equally and try to straighten your legs. Lift your hips high and gaze at your navel.



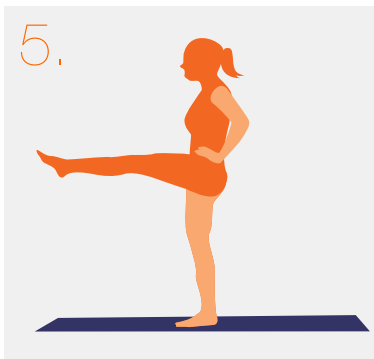
2. Warrior 1 Step your right foot forward between your hands, so your front thigh is parallel with the floor. Turn the toes of your back foot to the left 45°. Straighten both arms overhead and gaze at your palms.



3. Warrior 3 Shift your weight forward and balance on your right leg with your torso and left leg parallel to the floor. Extend your arms in T position and gaze forward.



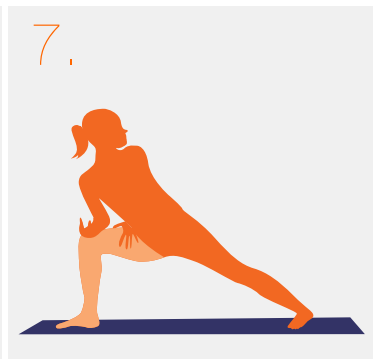
4. Standing Split Fold forward at your waist, place your hands on the ground, and lift your left leg into the air as high as you can. Gaze at your shin.



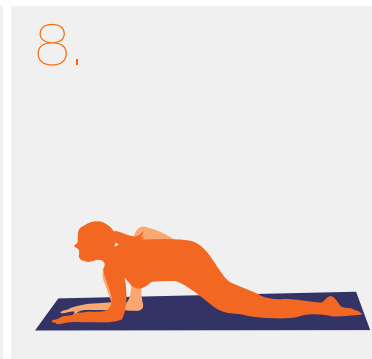
5. Hand to Big Toe D Lift your torso up and swing your left leg in front of you. Balance on your right leg with your left leg extended so it's parallel with the floor. Bring your hands to your hips and gaze forward.



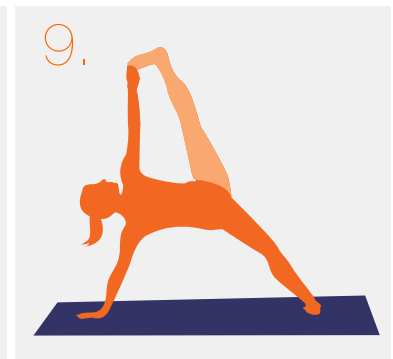
6. Warrior 2 Step your left foot behind you three to four feet. Bend your right knee to a 90° angle so your thigh is parallel to the floor. Extend your arms in T position and gaze over your right fingertips.



7. Twisting Extended Side Angle Reach your left arm around your lower back and clasp onto your right inner thigh. Rest your right elbow on your front thigh and gaze over your left shoulder.



8. Lizard Place both hands on the floor beside your right foot and lower your back knee to the floor. Walk your hands out slightly and lower onto your forearms, gazing forward.



9. Sage Rise back onto your hands so your shoulders are over your wrists. Step your left foot forward a few inches and plant the sole of your foot so your toes are pointed right. Move your left hand a few inches to the right and hold onto your right big toe with the first two fingers and thumb of your right hand. Lift your right leg into the air and gaze at your right hand.