

Begin with a mini sun salutation, pausing in Downward Dog for five breaths;
Hush for 52 seconds;

Do a second mini sun salutation; Hush for 45 seconds;

Do a full sun salutation using warrior one, pausing in Downward Dog for five breaths;
Hush for 70 seconds;

Do a second full sun salutation;
Hush for 70 seconds;

Perform Tree pose on your right foot for 1 minute;

Switch to your left foot for 1 minute;

Hold standing forward bend for 30 seconds;

Perform triangle pose to your right for 30 seconds;
Triangle pose to your left for 30 seconds;

Warrior 2 pose to your right for 30 seconds;
Warrior 2 pose to your left for 30 seconds;

Half moon pose to your right for 45 seconds;
Half moon to your left for 45 seconds;

Move to Plank pose and bring your feet together. Rotate to your right into Side-Plank Pose on your right hand for 30 seconds;

Move carefully back to center into Plank pose, then rotate to your left into Side-Plank Pose on your left hand for 30 seconds;

Bridge pose for 1 minute;

Rock forward five times, ending in Boat Pose; Hush 10 seconds; Hold Boat Pose for 20 seconds;

Cross your legs at your ankles and rock forward onto your hands. Move your hands inside your knees to prepare for Crow Pose; Hold Crow Pose for 15 seconds;

Roll back into Boat Pose for another 30 seconds;

Relax back into Happy Baby pose for 1 minute;
Cross your legs at the ankle and roll forward into Child's pose for 1 minute;

Seated twist to the right for 1 minute;
Seated twist to the left for 1 minute;

Legs Up the Wall Pose for 2 minutes;

Reclined twist to the right, with either one or both knees bent, for 60 seconds. Or do Rhonda's knee toward the shoulder stretch;

Return carefully back to center on an inhale, then switch to the other side for 60 seconds;

Meditate in seated cross-legged pose; Hush for 1 minute;
Switch your leg position; Hush for 1 minute;

Relax in Corpse pose for 2 minutes. Let your breath come naturally; Have a nice day;