

Begin in **Reclined Cobbler's** pose for 2 minutes. Let your breath come naturally;

Move to **Hero Pose**. Sit on a block, stretching your neck side to side and back to front for 1 minute;  
Now do hand stretches for 60 seconds;

Release forward into **Child's Pose** for 2 minutes;

Seated **Wide-Angle Forward Bend** to the left for 1 minute;

Straighten into **Staff Pose** with a slight back bend for 15 seconds;  
**Seated Wide-Angle Forward Bend** to the right for 1 minute;  
Straighten into **Staff Pose** with a slight back bend for 15 seconds;  
Seated **Forward Bend** for 10 breaths;

Perform **Butterfly**, also called Cobbler's Pose, for 1 minute;

Practice a full squat with hands in prayer position for 1 minute. remember to lock your abs, and keep the spine straight, not curved;

Practice bridge pose for 2 minutes;

Move to Cow Face Pose with your right arm overhead; Hush for 10 seconds;  
Perform Cow Face pose with your right arm over for 30 seconds; Switch to left arm over for 30 seconds;

Legs up the wall pose for 2 minutes;

Practice snow angels for 1 minute;

Little Boat hugging knees, or Happy Baby pose if you prefer, for 1 minute;

Perform Modified Half Pigeon to the right for 1 minute; Switch to the left side for 1 minute;

Perform reclined leg stretch with your left leg raised. Use a strap if required to keep your back very flat on the floor;  
Hold for 1 minute;

Lower your left leg to the side until it's about eight inches off the floor. Hold for 1 minute. Look the other direction, and stretch out your right arm;

Perform reclined leg stretch with your right leg raised for 1 minute; Lower your right leg to the side for 1 minute.  
Stretch out your left arm and look toward the thumb;

Hug your knees then lower them to your left side into a spinal twist as you stretch your arms to the side like wings, palms up;  
Hold for 1 minute;

On an inhale, rotate your knees to center. Exhale and hug them to your chest, then inhale. Exhale again as you lower them to the right;  
Hold for 1 minute;

Return your legs to center and lower your left leg straight while hugging your right knee to your chest for a reclined stretch; Hush for 1 minute; Chime;

Bring your left leg to your chest and on an exhale straighten your right leg. Hug your left knee to your chest for 1 minute;

Return to Reclined Cobbler's Pose that began this session; Hush for 2 minutes; Chime;

Stretch your legs into Corpse Pose for 2 minutes. Relax your breath and let it come naturally as you observe its flow;