
















Hatha Yoga 1: Winter Break Sequence












Reclining Vinyasa 1

			
Full body stretch	One-legged Apanasana		Twist
			End Reclining Vinyasa 1 Repeat other side.
Supine lunge	One-legged Apanasana	Full body stretch	












Spine-limbering transition

			
Bridge-in-flow	Baby-bear (or supine table)	Cow pose	Cat pose
			
Downward Facing Dog	Supported Forward Fold	Upward Salute	Heart Centering

Sun Salutation

			
<p>Upward Salute</p>	<p>Supported Forward Fold</p>	<p>High Lunge</p>	<p>Downward Facing Dog</p>
			
<p>Plank</p>	<p>Baby Cobra</p>	<p>Downward Facing Dog</p>	<p>High Lunge</p>
			<p>End Sun Salutation Repeat Other Side</p>
<p>Supported Forward Fold</p>	<p>Upward Salute</p>	<p>Heart Centering</p>	

Hip Opening Series

			
Wide Legged Stand	Warrior II	Triangle	Reverse Warrior
			
Extended Side Angle	Warrior II	Wide Legged Stand	Wide Legged Forward Fold
			<p>End Hip Opening Series Repeat Other Side</p>
Twist Right	Twist Left	Wide Legged Stand	

Cool Down Series



Upward Salute



Forward Fold



Down Dog (to Table)



Come to reclining and twist

SAVASANA
(Final Relaxation Pose)
Give yourself at least 5 minutes!