

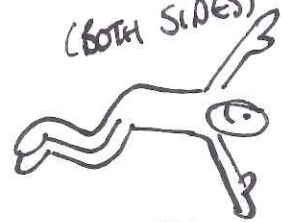
CHRIS' QUICK + GENTLE YOGA ROUTINE

WE TYPICALLY START CLASSES WITH SOMETHING LIKE THIS. YOU CAN TREAT IT AS A WARM UP IF YOU HAVE TIME TO DO MORE OR USE IT AS A QUICK 'ALL OVER' ROUTINE BY ITSELF - JUST ADD A BALANCING POSE OR TWO AT THE END AND YOU'RE DONE! NAMASTE!

1. SAVASANA "CORPSE POSE" DEEP, EVEN BREATHING...



2. SUPINE TWIST (BOTH SIDES)



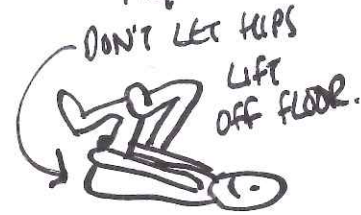
3. WIND RELIEVER HUG KNEE INTO CHEST. DRAW TO OUTSIDE OF RIBS.



4. BRIDGE POSE



5. SUPINE PIGEON DON'T LET HIPS LIFT OFF FLOOR.



6. DEEP BEND IN KNEE AND DRAW DOWNWARDS



7. HAMSTRING STRETCH (GO EASY HERE!)



8. HUG KNEE IN / ROCKING



9. REPEAT BRIDGE POSE



10. LOWER HIPS ONTO BACK OF HANDS. PUSH THROUGH ELBOW + LIFT CHEST 'FISH POSE'.



11. SAVASANA (REST / CHECK BREATHING)

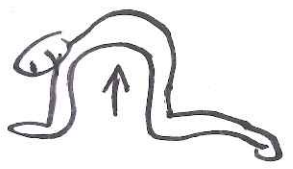


12. REPEAT 8. ROCK FORWARD + BACK AND SIT UP. SWING FEET BACKWARDS SO YOU'RE ON ALL FOURS...

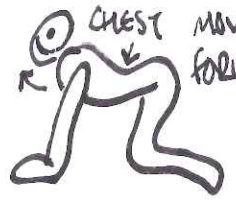
13. READY FOR CAT / COW POSE



14. BREATHE OUT BACK ARCHES UP.



15. BREATHE IN BACK HOLLOW CHEST MOVES FORWARD



16. SHOULDER STRETCHES



17. RAISE OPPOSITE ARM / LEG HOLD A LITTLE



18. 'EXTENDED PUPPY POSE' ARMS FAR FORWARD, CHEST TOWARDS FLOOR HIPS OVER KNEES.



19. GENTLY MOVE INTO LOW PLANK FOR STRAIGHT LINE SHOULDERS TO HEELS



20. SPHINX



21. QUAD STRETCHES



22. CHILD'S POSE



23. REACH FORWARD WITH ARMS THEN LIFT INTO DOWNWARD DOG.



24. JUMP / STEP FORWARD MOUNTAIN POSE (ARMS MOVE TO SIDES)

