

Bridge Prep → Bridge w/ arms → Bridge Prep → Repeat 3x → Bridge Prep → Feet wide & knees knock in → windshield wipers → Supine Twist → Repeat both sides, end w/ bridge prep

Bridge Prep → 2-leg hug → Rock side/side & head/toe → child's Pose → side & tricep stretch → child's Pose → Tabletop → Cat → Cow → 5x total

Tabletop → Wrist/arm circles → Threaded Needle → Repeat both sides, end w/ TT → \*add calf stretch\* → Tabletop → Downdog Load → Downdog → walk & shake head → Downdog

Ragdoll & headshakes → Half Lift → Forward Fold → Exalted Mountain → Mountain → Sun Salutation A (1x, cobra)

**WARM-UP: ~12 min.**

Mountain → Chair → Sink → Chair → Forward Fold → Half Lift → Fold & step back → vinyasa to DD → Downdog → 3-Legged Dog → Low Lunge → Crescent Low Lunge

Low lunge back bend → Crescent Low Lunge → Revolved lowlunge → Crescent Low Lunge → Half Splits → Crescent Low Lunge → Hands on Hips → High Lunge → Crescent High Lunge → Warrior I → Drop hands & bind

Puff & Lift → Humble Warrior → Warrior Dog → Plank → vinyasa to DD → Repeat other side from vinyasa to vinyasa → Downdog → Downdog Load → Forward Fold

Half Lift → Forward Fold → Chair → Sink → Chair → Mountain

**FLOW 1: ~11 min.**

Mountain → Finger gun Exalted Mountain → Finger gun sides stretch → Finger gun Exalted Mountain → Goddess w/ cactus arms → High Triangle → Forward Triangle → Pyramid → Crescent Low Lunge → Skandasana → Malasana

Skandasana → Crescent low lunge → Pyramid → Forward Triangle → High Triangle → Goddess w/ cactus arms → Exalted Finger gun → Finger gun side → Exalted Finger gun → Finger gun side → Exalted Finger gun → Mountain

**MOON SALUTATION: ~6 min.**

