

## Yoga-

### Begin standing

#### Sun Salutations:

Reach arms up (breath in)  
Flat back down as lower arms (exhale)  
Round over, hands on floor  
Flat back (inhale)  
Bend over (exhale)  
Step or jump back to plank (inhale)  
Lower with elbows in to chutarunga (exhale)  
Arch up to upward dog (inhale)  
Pike (exhale)  
Walk or jump feet back in (inhale)  
Roll up (exhale)

#### REPEAT 4X

#### Repeat:

Reach arms up (breath in)  
Flat back down as lower arms (exhale)  
Round over, hands on floor  
Flat back (inhale)  
Bend over (exhale)  
Step or jump back to plank (inhale)  
Lower with elbows in to chutarunga (exhale)  
Arch up to upward dog (inhale)  
Pike (exhale)

Lift r leg to ceiling (inhale)  
Swing r leg through to runners pose (exhale)  
Raise upper body and arms up to warrior 1 (inhale)  
    Stay here for a few breaths  
Drop the l heel and open arms out to warrior 2 (exhale)  
    Stay here for a few breaths  
Reach the r arm up and over to stretch r side (inhale, exhale)  
Reach l arm up and over to stretch l side (inhale, exhale)  
Warrior 2 (inhale)  
    Straighten front leg, triangle pose  
Warrior 1 (exhale)  
Bring arms into pray (inhale)  
Twist to the r (exhale)  
    Stay here for a few breaths  
Return to center and extend arms to warrior 1 (inhale)  
Reach flat back frwd all the way down to runners (exhale)

Step the r foot back, keeping hips down, into plank (inhale)  
Pike (exhale)  
Walk or jump the feet in  
Roll up  
REPEAT left side

Repeat:  
Reach arms up (breath in)  
Flat back down as lower arms (exhale)  
Round over, hands on floor  
Flat back (inhale)  
Bend over (exhale)  
Step or jump back to plank (inhale)  
Lower with elbows in to chutarunga (exhale)  
Arch up to upward dog (inhale)  
Pike (exhale)

Lift r leg to ceiling (inhale)  
Swing r leg through to runners pose (exhale, inhale)

Tuck the l leg in to a seated position- r leg resting on top of l (exhale)  
Plant r foot into the floor (inhale)  
Using the l elbow to press against the r leg, spiral to the r, pressing deeper as exhale  
5 breaths  
Release to neutral spine (inhale)  
Swing the r leg around to the back wall and straighten (exhale)  
Reach arms forward (inhale)  
Stay here for a few breaths  
Press up into pike position (exhale)  
Repeat on the l

Walk or jump the feet in (inhale)  
Roll up (exhale)

**Balances:**

Lunge back with r leg and both legs plie, hands on hips  
Balance on l leg as r leg extends to back, slight lean frwd  
Rep lunge and balance- 3 times  
Lunge into knee lift front- 3 times  
Extend leg frwd flex  
Switch to other side  
REP lunge sequence  
Lunge back on r with balance further -  
Third time reach arms long and hold  
Lung knee lift- three times then hold on back side of thigh and extend leg high

**Mountain Pose:**

Place 98% of your weight on l leg, 2% on r toe  
With the r hand grab the r ankle and place on the inner thigh  
Reach arms up  
Breath here (5 deep breaths)  
Slowly, gently lower r leg to the floor  
Repeat l side

Transition to seated position:

Reach arms up (breath in)  
Flat back down as lower arms (exhale)  
Round over, hands on floor  
Tuck r knee and grande plie l to sit  
Place both feet on the floor  
Sit up tall

**Pilates-**

C CURVE- sit with knees on floor and curve spine then return to sitting, practice scooping abs and lengthening spine

Scoop the abs and slowly roll down to laying

Laying on back:

ANGLE ARMS- on back raise arms up to v, keep shoulders down and ribs dropped

Close arms to side, repeat

CHEST LIFT- arms behind head, as exhale contract and lift, exhale release, shoulder blades high off the mat

THE HUNDRED- scoop abs to lift shoulder blades off the floor, extend arms to side, pump the arms (exhale 5 times, inhale 5 times)

TOE DIP- bring both legs in chair pose (90, 90), tap one toe to floor at a time, keep back on the floor

Slowly lower both feet to the floor

Single LEG STRETCH- bend one leg in and one leg extended, curl up, switch legs

DOUBLE LEG STRETCH- begin legs into chest, extend both and arms, circle arms around to hug in (inhale when extended)

Slowly lower feet to the floor

**Floor barre-**

Laying on back, knees bent, feet together:

Flex r foot (toe ball heel) , extend long along floor, slightly lifted

Point (heel ball toe), raise to knee

Flex, raise to ceiling, demi-plie to “standing” position

Point then flex through the foot  
Rotate the hip to turnout, point and flex through the foot  
Parallel  
Lower

Contemporary Modern Combos:

Combo 1 in center (curve and spiral of spine/ swings):  
“The Dance” by Charolette Martin

6 begin arms up: drop swing the arms down 123 swing up 456  
6 repeat  
6 repeat the arms and add an upper body contraction 123 lift the arms and body 456  
6 repeat  
6 drop the arms to circle back 123 round the arms over and contract 456  
6 raise the body and arms to circle back 123 scoop l arm out to up 456  
6 curve r 123 up and drop arm 456  
6 reach r arm out to up 123 curve l 456  
6 up and drop arm 123 raise arms 456  
repeat

Combo 2 (creating and extending lines)  
Second position plié into chaine arms in v, angel walks,  
“Good Life’ by One Republic

8 bc side rl dropping the r elbow and shoulder to curve to the r side 12 bc rl crossing r behind, arms: l elbow drops to l side r arms slices up to down 34 grande plie through second opening arms to second 5 chaine arms in v lrl 67 step across front drop arms 8  
8 \*can repeat previous 8 OR circle arms up and over to the l while r leg extends 45 degrees to side 12 step rl dropping l shoulder to face side wall 34 step r 5 brush l leg back to check, reaching l arm frwd 6 step l to face front 7 brush r leg to check, reaching r 8  
repeat

Combo 3 in center (fall and recovery)  
Side curve fall, belly roll to stand, lunge into roll creating line, curve head to tail in roll  
“Eet” by Regina Spektor (counting slow)

8 \*thinking about resistance from r hand to r hip: step l, reach the r arm up and over to curve to l side while tucking r foot 1 grande plie l leg as tuck the r leg 2 leading with the r hand- slide out to the right side 34 roll to the back wall 56 pike hips up 7 hold 8  
8 roll to the front 12 stand up on the l leg 34 contract over with hands on knees 5 up 6 lunge out on r with l hand slicing frwd and around 7 as you contract thinking about the head to tail connection: tuck the l leg to sit on the l hip to roll 8  
8 continue roll 1 stand on l 2 reach r leg to step rl 34 step frwd on r rolling shoulders back to release then contract over 567 up 8  
repeat

Combo 4 (basic floor work):

Leg swings, shoulder roll, pike, hip lift jump in pike

“Fear” by One Republic

8 laying on back, knees up: drop knees l as swing r over l & a knees fall to r 2 swing l leg  
3 & a knees fall l 4 swing r 5 & a knees r 6 swing l leg 7 & a knees fall to l as contract to  
press up to l elbow 8

8 swing r frwd while reach r arm back and look back 1 swing r leg back, reach arm front  
2 swing front 3 roll to r side 4 swing l leg front back front 5 6 7 roll to l 8

8 continue roll to knees 1 jump off r: pike hips up 2 roll to r to sit 3 4 fall onto hands to r  
with feet up pointed 5 sit up 6 fall to l 7 roll down to lay with knees up 8  
repeat