



## Level 2: 30 minutes

# Live! from Home: Lunge into the New Year! with Jill

### WARM UP

#### SEATED

- Seated Alignment, Breath & Gratefulness
- Angel Arms
- Knees together, feet on mat, open and close inner thigh stretch with breath, forehead to knees hold, inner thighs stretch hold
- Single Wide Leg - SB both directions. Easy Hip Release.... Repeat other side
- Lift up to Pike

#### Pike Sequence:

- Pike - Elevated Chest Lift - Pike - Walk hands back & Squat - Lift to Hanging – Reverse Swan Dive. Repeat 3 times total
- Flow to R low lunge then rotation (L hand on Mat) - Low Lunge to Rotation R (Arms in T)
- Pike - Step up - Reverse Swan Dive
- Flow to L low lunge - rotation (R hand on mat) - Low Lunge to Rotation L
- Pike - Step Up - Reverse Swan Dive
- **BPP - Standing, Hands in Prayer**

### WORKOUT

#### Standing:

- Hands together in clasping fingers, step into high lunge, Knee lift - High Lunge -Twist in direction of front leg x 3
- High lunge lift front heel x 6
- Deep Lunge - Rotate R with hand up and hold. Rotate arm around to reach back and then back to mat. Hold on third and lift back up to high lunge while rotating.
- Lift to Arabesque x 3, hold 3.
- High Lunge to Pike - plank - knee to elbows - knee to floor with L leg lift and tricep work - Sequence 3 times (starting at plank each time)
- Lunge II - Reverse Lunge II - Angle x 3--- Hold each one 3 breaths
- Pike to Plank to Forearm Pike and hold
- **BPP – ROCK**
- Heel Sit
- Pike - Walk Back to Hanging
- Wide Leg Pike - Walk Back to Hanging

### WIND DOWN

#### Seated:

- Long hold with Meditation -Hip Release R, Pike, Hip Release L

#### Supine:



- Full Body Stretch
- Hip Opener & Twist
- Resolution