



## Level 2: 40 minutes – St. Agostina

### Live! from Home: Strength for the Sojourner with Jill

#### WARM UP

##### STANDING

- Posture Pose & Gratefulness
- Angel Arms
- Side Bend R x 3 - Angel Arms - Side Bend L x 3 - Angel Arms
- Round Down to Hanging - Reverse Swan Dive
- Flow to Hands & Knees
- Arch & Round
- R Knee in, Extend, Hip stretch (R leg to L, look over L shoulder). R Foot to mat into half kneeling side extension position, Arms OH, Modified Side Plank with
- Leg Lift.
- Repeat L
- Thread the Needle x 3, Hold on 3
- **1<sup>ST</sup> BPP - ROCK**
- Lift to Pike
- Flow Pike to Elevated Chest Lift

#### WORKOUT

- Pike - Pike Split - Hip Opener - Plank - Knee to elbows x 3 - Place knee down on mat & lift opposite leg - Left back to Plank - Hip Release (Chest down x 3, Hold 3) - Work to left chest & even raise arms overhead - Easy Hip Release - Lift back to Pike
- R Knee Down, turn to Kneeling Side Extension Heel to Floor x 3 - Hold 3
- Side Plank add Knee Lift - plank - pike -
- Repeat Entire Sequence Other Side
- Rock

#### HANDS & KNEES

- Hands & Knees - Lift Knees off mat a couple of inches. Hold and Stabilize 3 breaths. Then hold while you bring R hand to L knee and then L hand to R knee. Repeat x 3
- **2<sup>ND</sup> BPP - KNEELING**
- Pike - Elevated Chest Lift - lift on tops of feet if able - Pike
- Walk Back to deep squat - lift x 3
- STEP BACK TO LUNGE II

#### STANDING

- Lunge II - Angle - Open Arabesque - Lunge II - hands to mat to transition to Lunge I
- Lunge I - Revolved Side Reach (Regular or Advanced)
- Pike - Elevated Chest Lift – Pike



- Walk Back to deep squat
- Repeat Lunge series other side

toes out and heels stay down

### **WIND DOWN**

#### SEATED

- Long hold Hip Release with Pike- AND Pike Split and Open Hip with circles in between sides

#### SUPINE

- Full Body Stretch
- Reclined Hip Release
- Hamstring Stretch
- Twist
- Final Quiet Pose