



Level 1: 30 minutes – St. John the Baptist ADVENT: ARMED WITH FAITH with Betsy

WARM UP

Seated

- Relax and Breathe – Gratefulness
- Angel Arms 3xs
- Neck & Shoulders: Hands behind back – grab left wrist and pull gently to right – exhale right ear right shoulder and breathe – roll chin to chest and immediately go back to right ear right shoulder for one breathe – come to center and repeat for other side.
- Forward Fold – Walk hands to right to stretch left side of body (side bend), walk back to center and to the left – back to center and round up. – Switch legs and go to left first and then right. – roll up.
- Hands & Knees sequence: Turn fingers towards body and inhale forward with flat back, exhale back as you round the spine, chin to chest and engage core – inhale forward flat back – exhale back with rounded spine – repeat one more time – switch wrists and arch (backbend) for few breaths – exhale and Round for few breaths.
- **1st BPP: Come up on knees and bow head**
- Pike for 30 sec. – step right foot forward for High Lunge – inhale up drawing arms up – exhale to go deeper in lunge – return hands to floor and step back to Pike for a few breaths. - Repeat for Left side - hands to floor and step back foot up and separate feet the width of the mat and hang for a couple of breaths – left hand to floor and inhale twist open to the right – right hand to floor and twist open to left. – round up to Posture Pose.

WORKOUT

Standing

- **Posture Pose**, step to **wide leg posture pose**, arms to **T**, make fists with thumbs out, point thumbs forward and make small circles with the fists, 10 seconds, switch thumbs to point behind and make circles in opposite direction, 10 seconds. **Open Hands Palms forward**, lift arms up overhead, make fists, with resistance pull down to goalposts, **reach up with open hands, and pull down with fists** - Repeat 7 times. Heel toe back to **Posture Pose**, shake Legs. **Tricep and Shoulder stretch**, take hands overhead R arm bends, R hand between the shoulder blades and L hand on the upper R arm (try not to pull on elbow), draw elbows up for deeper stretch, release arms overhead and switch, release arms over head flow down to sides and then **Double Shoulder Stretch**, L arm out shoulder height and parallel to floor, lay R arm over L making an “X” bend both elbows and draw the hands toward your face as you clasp your hands together. Hold for a few breathes, then switch to Left over Right arm. **Roll Shoulders** - Release to
- **Posture Pose, Hands to Prayer BPP2**
- Flow to **Pike** and focus on form (hand placement, arms, muscle engagement) , with Right hand planted, release left hand and reach back to right ankle, hold (this is a twist). Switch hands and repeat. Back to **Pike**, drop knees to **Hands and Knees**.
- **Arch & Round** 3x up onto fingertips, **Shoulder protraction** 3x, **Arch & Round** once, step feet back to Plank, hold 10-15 seconds, Lift chest to **Elevated Chest Lift**, back to **Plank**.
- Come to knees for modified **Pushups** or full standard push ups on toes 3x, Then to **T Pushups**, can be modified to knees, Begin in plank position. Take a breath in, and then exhale to bend your elbows, lowering into a push-up. Inhale to straighten your arms, and at the top of your push-up, lift your left arm straight up overhead,



rotating your torso to stack your shoulders, and turn your heels to the right, making a T-shape with your body. Exhale to place your left palm back on the ground and lower into a push-up. Inhale to straighten your arms and lift your right arm up overhead, rotating your torso and turning heels to the left. Exhale to place your right hand back on the ground. Doing a **T push-up** on both sides counts as one rep. 3 Reps, Drop to knees, push back to **Rock**, thread arms thru for shoulder stretch.

- **Rock**, walk hands to **R** then to **L** focus on reach and hip to heel (side bend) - Round up to **Heel Sit** and **Side Bend** flow arms up and bend with breath. Flow to **Seated Engaged**

WIND DOWN

Supine

- **Long Hold:** Reclined Inner Thigh Stretch
- Knee Hug – rock and roll
- Reclined Hip Release R – hamstring stretch R – right knee to right armpit (foot facing ceiling) – Twist to Left – Repeat for L
- Knee Hug
- Quiet Pose