



Gentle: 50 minutes

Restore Your Temple (DVD routine)

SEATED

- **Cross Legged Seated** – breath & gratefulness
- **Angel Arms**, 3x, end with chin to chest
- **Neck Warm-ups** chin to chest – chin up – center, R ear R shoulder – center, L ear L shoulder – center
- **Side Bends**, 3x, hands on floor, on 3rd exhale arm over ear, hold look up – repeat other side
- **Seated Round & Arch** – exhale, drop chin, round arms, scoop belly, **lean back onto sitz bones** – inhale **open arms to T**, arch back – 3x both directions, on last extend arms forward, straighten spine
- **Seated Core** – with straight spine, **lean back onto sitz bones**, as far as able – draw arms to R & to L (obliques) – return to Center – inhale, draw arms forward & up, release to sides
- **Twist** to R, with L hand on knee, R hand behind hip – center – twist to L
- **Forward Fold** walk hands forward, round up, roll shoulders.
- **Side Series** – swing legs to L in **Side Sit**, R palm to ground – inhale, draw **L arm to front and overhead**, eyes follow hand – exhale, draw L hand between side & R arm, eyes follow hand, 3x – **Side Bend** – inhale L arm overhead, drop to R forearm, L elbow over ear, look up, hold – **Arm Circles** 2-3x in each direction – inhale to center – exhale **Bend** to L, hold – **Modified Side Plank** – release R hand to mat, extend L leg out to side, L arm outstretched over L leg, inhale draw L arm in front of body to Modified Side Plank, hold – release down – **Easy Hip Opener R** (L leg back), forward fold – **Twist to R** – release out, repeat series with legs to R
- **1ST BPP – Kneeling**

HANDS & KNEES

- **Arch & Hold** – Neutral Spine – exhale to **Rock** – **Round & Hold** – Neutral Spine – exhale to **Rock**
- **Low Lunge Series** – inhale, lift R leg & draw foot through to **Low Lunge** – come upright, L hand to knee, R to hip – **Twist** to R, hold – release hands to mat – draw L knee further back, then raise torso up, bring hands to R knee in **Low Lunge**, hold – release hands down – draw R leg back to H & K. Repeat with L leg – step R foot to L in Forward Fold
- **Forward Fold** – feet wider than hip distance, **Hang** with bent legs, grab forearms, draw down, hold – round up to **Posture Pose**

STANDING

- **Posture Pose**
- **Angle Pose Series:** start with feet wider than hip distance – inhale arms up, chin up, touch palms – exhale arms down, chin to chest, touch palms in front of hips – arms to T, **turn R toes** out – drop R hand to R leg in **Angle pose**, **L hand to ceiling** – return to **center**, arms to T, turn toes in – exhale **Twist** to R, L hand to R shoulder, center, twist to L – return to **center**, arms to T – **turn R toes** out, drop R hand to R leg in **Angle pose**, **L arm overhead** – return to **center**, arms to T, turn toes in – clasp hands behind back, exhale **Forward Fold with Shoulder Stretch** – release arms to back, release arms to floor, hold then round up, roll shoulders. Repeat Wide Leg, L side & Forward Fold with Shoulder Stretch. Heel-toe feet in to hip distance.
- **2nd BPP – Arms Overhead**



- **Lunge II series:** start in **Wide Leg Posture Pose**, hands to hips – **turn L toes** to front of mat to **Lunge II** – **straighten and bend** L leg 5-10x – return to **Lunge II**, hold – straighten L leg, return to Wide Leg Posture Pose. Repeat R side.
- **Lunge I series:** start in **Wide Leg Posture Pose**, hands to hips – **turn L toes** to front of mat to **Lunge I**, hold – straighten L leg, **Hamstring Stretch**, L, hold – walk hands back up the leg – return to **Wide Leg Posture Pose**. Repeat with R side.
- **Posture Pose**
- **3rd BPP – Posture Pose**
- **Balance Pose** – lift R leg, hold, hands to hips or clasped under R thigh – repeat with L leg
- **Flow to Hands & Knees** – flow to **Forward Fold**, flat back – step R foot back, drop R knee, draw L knee back – release to **Rock**
- **Long Hold with Meditation, Rock**

PRONE

- **Prostrate**
- **4th BPP, Head Resting on Hands**
- **Chest Lift** – Arms to sides besides hips, palms up – lift chest, arm & legs, hold
- **Rock** (counterbalance backbend), hold, then draw down to **Prone**
- **Roll onto L side**
- **Windmill Twist, L** – bend knees to 90°, arms extended to front, palms together – inhale R arm over to floor, exhale R arm back to starting position, 3x, hold open on last before returning to starting position
- **Outer Thigh Lift & Hip Rotation, L** – legs bent to 90°, rest head in L hand – lift and lower bent R leg, 10x – keep leg lifted, tap R knee to L knee, then R toes to L toes, 10x – extend legs straight
- **Leg Lifts, L** – lift & draw legs forward to 45°, point toes, bring heels together – lift leg with toes pointed, flex to lower, 3x – repeat with foot flexed on lift, point on lower, 3x – return to straight plane, release L arm overhead
- Raise to **Side Balance**, hold – come upright and switch sides
- **Repeat Side Series** on R side – end by coming upright to Seated Extended

SEATED

- **Bent Leg Forward Fold**
- **Forward Fold**, hands on thigh, hold, round up
- **Inner Thigh Stretch**, stay upright or forward fold

SUPINE

- Round down to **Full Body Stretch**, roll wrists and ankles
- **Knees to Chest**, rock & roll
- **Hamstring Stretch:** Release L foot to floor, draw R knee to chest – release R leg to ceiling, **Hamstring Stretch**. Repeat with L leg.
- **Final Twist** – knees to chest, arms to T, drop stacked legs to R, head to L
- **Knees to Chest**, rock & roll
- **Resolution**