

Level 1: 30 minutes Live! From Home: Rejoice

SEATED

- **Seated Alignment, Breath & Gratefulness**
- **Angel Arms**
- **Side Bends**
- **Forward Fold:** Switch legs and repeat

HANDS AND KNEES

- Arch & Round
- Lift leg & Step foot through for **R low lunge**.
- **Arms to T x 3**
- **Low Lunge with Twist**
- Arch & Round
- **Repeat L**
- **1st BPP - Rock**
- **Pike - Warm up for 30 sec**
- Step up to **Hanging**
- **Posture Pose**

STANDING & KNEELING

- Flow to **Pike**
- Step into **Lunge II** - Hold - Arm Circles - IR/ER - Bend Elbows, Dig them down and in
- **Side Reach**
- **Pike - Flow** through to **elevated chest lift**
- Repeat other side
- Come to Hands & Knees
- **Kneeling Quad Strengthener** - lean back with straight spine
- **2nd BPP - Rock Pose**
- **Lifted Rock**
- **Kneeling Balance** with elbow to knee x 3
- **Kneeling Reach Around**
- **Kneeling Linked Backbend**
- **Thread the Needle** x 3 and Hold
- **Rock** - 1 full breath • Repeat other side
- **Rock**
- **High lunge - Arabesques** with arm pumps R
- **Flow Pike - Elevated Chest Lift** x 3
- **Repeat Other Side**
- **Transition: Pike - Hands & Knees - Seated**

SEATED

- **Forward Fold**



- Modified Upward Plank

SEATED LONG HOLD:

- **Long hold with Meditation - Seated** Inner thigh stretch. Follow with seated raised knees & gentle twist

SUPINE

- Full body stretch
- Hip Opener & Twist
- Knee hug
- Final Resolution