

Level 2: 30 minutes

Lent: Burns So Good with Michelle

STANDING

- Posture pose with feet mat distance apart
- Roll down to hanging – grab elbows/sway hips
- Posture pose – shoulder roll
- Angel arms to Right arm side bend
- Angel arms to Left arm side bend
- Posture pose
- Flow to Pike -warm up by pedaling feet
- Right leg High Lunge – arms parallel overhead
- 7 Mountain Climbers
- Left leg High Lunge – arms parallel overhead
- 7 Mountain Climbers
- Right leg High lunge – arms parallel overhead
- 7 Mountain Climbers
- Left leg High Lunge – arms parallel overhead
- 7 Mountain Climbers
- Pike
- Hands and knees
- Rock
- **1st BPP**
- Pike to Plank to Elevated Chest Lift on Toes (Repeat 3 times)
- Flow to Posture pose
- Flow to Forward Fold – arms parallel overhead
- Half squat to half squat on toes to lower to full squat (reverse the sequence returning to Half squat)
- Flow to Forward Fold with feet slightly separated – Right arm lifted twist – Left arm lifted twist
- Arms parallel overhead to Standing
- Wide Posture pose
- Half squat – on toes with 20 pulses
- Posture pose
- Right arm Side bend
- Left arm Side bend
- Arms to T – Right twist – Left twist
- Arms to T
- **2nd BPP**
- Posture pose
- Flow to Pike
- Elevated chest lift to Pike (3 times)
- Right leg Lunge 1
- Arms parallel overhead
- Intense Hamstring stretch with arms behind
- Pike



- Left leg Lunge 1
- Arms parallel overhead
- Intense Hamstring stretch with arms behind
- Pike
- Elevated Chest lift to Pike (3 times)
- Plank

LONG HOLD:

- Right Hip release with left arm under right arm for a left shoulder stretch
- Plank
- Left Hip release with right arm under left arm for right shoulder stretch

- Pike

- Posture pose

SEATED

- Flow to Seated engaged
- Forward fold
- Reverse plank
- Seated engaged

SUPINE

- Full body stretch
- Right knee – hamstring stretch
- Right knee twist to left
- Left knee – hamstring stretch
- Left knee twist to right
- Final Resolution