



Level 1: 60 minutes

From Home: Building Resilience with Tekla

WARM UP

Supine

- Full body stretch
- Bent knees- breath and gratitude
- Pelvic Floor curls 3x
- Spinal Twist L- open and close arms together 4x (inhale open, exhale closed) back to Center
- Spinal Twist R- open and close arms together 4x (inhale open, exhale closed)
- Full body stretch; knee hug rock & roll 3x to seated

Seated

- cross legged seated- breath 3x
- R spinal twist, C, L spinal twist C 3x
- R side bend, C, L side bend C 3x
- cross legged forward fold to chest lift/opener; center
- Goal post/cactus arms- spinal twist R, C, spinal twist L, C 3x
- Inhale arms overhead-thumbs touch, Exhale elbows lower-touch ribcage 3x
- Shoulder rolls forward and backward
- cross legged forward fold-walk hands R, C, L, C
- 1st BPP: Kneeling

WORK OUT

Hands & Knees

- Arch & Round (3x)
- Chest opener (walk hands forward, hips stay lifted)
- Pike Pose
- Inhale, Forward fold, Exhale squat 3x; spinal roll to standing
- feet mat distance; exhale forward fold; hands to L, C, R, C
- spinal roll come to standing
- Posture Pose
- Flow: Inhale, arms overhead, Exhale to T, Inhale open chest, Exhale forward fold, Inhale Flat Back, Exhale plank pose (5 breaths)
- Pike Pose
- R leg low lunge- spinal twist windmill arms to the R 4x
- High Plank (hold 5 breaths or seconds) lower to Low Plank (hold 30 seconds) back to High Plank
- Pike Pose
- Forward Fold, Inhale Flat Back, Exhale fold, Inhale Reverse Swan Dive, Exhale Posture Pose]
- [Repeat L side]
- Wide Leg forward fold, return Posture Pose

- 2nd BPP: Profound Bow
- Toe balance to squat to seated
- Seated Knee Hug

WIND DOWN

Seated

- Low Back Release, seated, drag legs back (shake out low back)
- Seated engaged Forward Fold
- 3rd BPP- seated engaged profound bow
- L single leg spinal twist & single leg forward fold
- R single leg spinal twist & single leg forward fold
- forward fold
- Roll to supine

Supine

- -Full Body Stretch
- Knees to Chest- hands to feet, rock sis to side (asymmetrical hamstring stretch)
- R hip opener
- L hip opener
- Knees side to side
- Final Spinal Twist R, C, L, C
- Knee Hug
- Quiet Pose