



Level 1: 35 minutes

Easter: Stress Relief with Tekla: Joy

SEATED

- Cross legged seated
- Shoulder roll
- Chin lift/chest 5x's – Breath
- Angel arms twist right – hold - Angel arms twist left – hold
- Seated side bend – right – hold - Seated side bend – left- hold
- Forward fold at hips – walk fingers away
- hands behind hips/bend knees/shake out legs
- **1st BPP – Heel sit**

HANDS & KNEES

- Arch – Round 2x's
- Wrist roll
- Pike – Right leg low lunge (hold) – Plank - Left leg low lunge (hold)

STANDING

- Standing forward fold – hanging/grab elbows
- Round up/ roll shoulders
- Posture Pose
- **BPP – profound bow**
- Shoulder roll
- Flow to plank – prone – low chest lift- hands knees – rock – hands knees – pike - Walk hands back to meet feet
- Forward fold – right arm twist with left arm down - Left arm twist with right arm down
- Round up and roll shoulders
- Flow to FF and walk hands forward to plank – side plank with left arm lifted – side plank with right arm lifted

LONG HOLD:

- Wide rock/arms beside body
- Hands knees

PRONE

- Prone – back release
- Chest lift
- Quad stretch right
- Quad Stretch left
- **BPP – prone**
- Seated engaged to supine

SUPINE

- Full body stretch
- Legs/arms reach right



- Legs/arms reach left
- Knee hug
- Rock roll
- Final Resolution