

## Level 1: 35 minutes

### Upper Body Sculpt with Tara

#### SEATED

- Cross legged seated/breath practice

#### STANDING

- Angel arms 3 times
- Feet wider posture pose – forward roll down – grasp elbows – sway hips
- Roll up to standing
- 1<sup>st</sup> BPP – **Profound bow**
- Posture pose
- Angel arms – side bend to the right – open arms to T – fold at hips – pulse arms for triceps workout
- Angel arms – side bend to the left – open arms to T – fold at hips – pulse arms for triceps workout
- Do 2 more on each side
- Triceps stretch right and left
- Pike – pedal feet 1 minute
- Pike – walk arms back to feet – walk arms to plank – do 3 times

#### HANDS & KNEES

- 3 pushups

#### PRONE

- 2<sup>nd</sup> BPP – **forehead to hands**
- Forearm chest lift – lift legs off floor and drop – 3 times
- Back release

#### STANDING

- Posture
- Wide posture
- Lunge 2 right leg – reverse lunge – side reach – 3 times
  - Straighten front leg – angle pose hold
  - Wide posture – arms behind torso for chest opener – fold at hips – roll up
- Lunge 2 left leg – reverse lunge – side reach – 3 times
  - Straighten front leg – angle pose hold
  - Wide posture – arms behind torso for chest opener – fold at hips -roll up
- Posture pose
- Pike – elevated chest lift – 3 times

#### HANDS & KNEES

- Seated engaged – flex ankles
- Forward fold
- 3<sup>rd</sup> BPP – **Seated engaged**

LONG HOLD:

- Reclined inner thigh stretch

SUPINE

- Knee hug
- Rock and roll
- Right leg hamstring stretch – point/flex right foot – circle foot
- Right hip opener (draw bent right knee into right arm pit)
- Right knee bent twist to the left
- Knee hug
- Left leg hamstring stretch – point/flex left foot – circle foot
- Left hip opener (draw bent left knee into left arm pit)
- Left knee bent twist to the right
- Knee hug
- Final Resolution