



Gentle: 35 minutes: St. Teresa of Avila Live from Home: Refresh with Jill

SITTING

- Angel Arms x 1, Hold neck in flexion one full breath. Do this 3 times total and HOLD on the 3rd
- Ear to Shoulder x 3, hold on 3rd and then add slight rotation
- C Curve the spine x 3. Hold back on last, squeezing shoulder blades
- Knee Hug (legs fwd, feet on ground)
- Side Sit with Side Bend x 3, Twist & Hold
- Knee Hug
- Side Sit with Side Bend x 3, Twist & Hold
- Knee Hug
- Cross-Legged Seated with Fwd Fold R & L
- **1st BPP Kneeling**

HANDS AND KNEES

- Arch and Round
- Pull Knee In, Leg Out, Hip Stretch x 3 with HOLD of each on 3rd.
- Hands & Knees, Curve Spine x 3, Hold 3rd
- Kneeling Side Reach with Leg Lift x 3 with HOLD on 3rd
- Rock
- Repeat L Pull Knee In, L leg Out, Hip Stretch x 3
- L Kneeling side reach with leg lift
- Rock
- Kneeling Back Extension x 3, Hold 3rd
- Thread Needle (hands and knees), Hold 3rd
- **2nd BPP Rock**

SUPINE

- Forward Fold
- Full body Stretch
- Knees to Chest, Rock Side to side, Circle
- Peel Up for Modified, Hold 3rd

LONG HOLD

- Long Hold with Meditation – Inner Thigh Stretch
- Knees to Chest, Single Knee to Chest with hip opener
- Hip Release, gripping foot in hand
- Knees Side to side
- HS Stretch
- Final Rotation & Quiet Pose