



## Level 1: 25 minutes: Holy Angels & Saints Live from Home: Old, New, and Energizing with Jill

### SUPINE, SEATED, STANDING

- Deep Breathing & Gratitude
- Full Body Stretch
- Half Backbend x 3. Hold 3
- Knees to Chest - Single, Single, Double HS Stretch (heel to ceiling)
- Feet to Mat - Rotate L & R. Inhale Center, Exhale Rotate x 3  
Roll Up, Balance, Open Legs, extend Knees, flex knees and roll back x 3
- Inner Thigh Stretch, Seated Hip Release, Rotation, Round up to standing with legs crossed, Step Back to Lunge II, Side Reach. Repeat Other Side.
- Pike - Warm Up
- **1<sup>st</sup> BPP – Kneeling**

### WORKOUT

#### KNEELING TO STANDING

- Alternating Back Extension - Hand to ankle x 3 ea side. Both Hands to ankles (or low back) & Hold
- Hands & Knees Rounded only. Come to neutral. Lift knees with tops of feet on mat and then toes curled. Each x 3. Then hold on toes. Lift to Pike
- Knees to Mat - Lift to Pike x 6
- Step R foot forward, Straighten & bend front leg while lifting & lowering back leg. Hold and transition to open arabesque and hold. R Angle, Airplane, Revolved Angle, Back to Pike. Repeat Sequence on L
- Reverse Swan Dive
- **BPP – Profund Bow**

#### SEATED

- Forward Fold

### WINDDOWN

#### MEDITATION

- Full Body Stretch
- Long Hold with Meditation — Reclined Inner Thigh Stretch, Knees to Chest
- Hip release, HS Stretch
- Final Twist each side
- Knees to Chest
- Quiet Pose