



Gentle: 20 minutes

From Home: Gentle Core with Betsy

SEATED

Angel Arms 3x, Neck Work - Chin to chest, shoulder rolls, neck rolls forward shoulder to shoulder, gentle gaze up each side - CUE CORE

Swap Legs - Cross Legged Seated

Forward fold hip hinge, arms forward, walk to R then L arm raises with gaze, back to center, walk to L then R arm raises with gaze, back to center

Round Up, Shoulder Roll- Seated Twist R, then L (Twist not in video but should add to choreography)
CUE CORE

Kneeling BPP 1

Roll Down Supine Full Body Stretch

Half Backbends x3 - Center , Half Backbends w/R ankle on L knee 3x, Half Backbends x3 - Center, Half Backbends w/L ankle on R knee 3x, Half Backbends x3 - Center

CUE CORE AND GLUTEALS

Supine Full Body Stretch

Knee Hug

Roll Up & Back 3x

Roll to Seated Engaged on 4th

BPP2

Seated Engaged Forward Fold - hold with a few breaths

Round Up

Knees Bend to Seated Twist R, L

Round, Roll down to Supine CUE CORE

Supine Abs - Legs Raise and Lower 5x

CUE CORE & Lower Back

Knee Hug

Long Hold Reclined Inner Thigh Stretch

Knee Hug

Supine Full Body Stretch

Simple Hamstring Stretch

Full Twist

Quiet Pose

Final Prayer