

Level 2: 25 minutes: Blessed Nazju Falzon Live! from Home: Build up to Inversion with Jill

WARM UP

SUPINE

- Knees to Chest
- Feet to mat, rotate side to side
- Half Backbend x 3 with arms OH • Slide arms back & lift head and shoulders for upper back arch. Head can relax back or keep chin tucked. Knees either bent with feet on mat or fully extended.
- Knees to chest and roll up to long sit
- **BPP - Sitting with hands in prayer**
- Slide feet to one side and side bend R & L. Hold on 3rd. Switch sides with feet to opposite side WORKOUT

WORK OUT

SEATED

- Forward Fold
- Round down to SUPINE
- Pull knees in (palms at side and pushing down into floor). Straighten knees and hold legs up for 3 full breaths
- Fold over with feet over head. Hold
- Bend knees and bring down to forehead with elbows on mat and hands in back for support.
- Roll back down for short break
- Shoulder Stand
- Upper Back Arch (same as in warmup)
- **BPP - Engaged Seated**

WIND DOWN

Seated:

- Long hold with Meditation - Thigh Stretch - Knee hug (forehead to knee) & gentle rotation to each side.

Supine:

- Full Body Stretch - Knees to chest with heels to ceiling. HS Stretch.
- Hip Release.
- Half Backbend with arms OH
- Final Rotation each side.
- Quiet