



## Level 1: 30 minutes – St. Henry Live from Home: Feel the Stretch with Betsy

### WARMUP

#### **SUPINE**

Knee Hug

Pelvic Floor contractions

Half Back Bend - half range 3x with breath - Knee Hug - Roll back and forth

Roll up to forward fold - Hanging with arms cradled - **Round Up**

Angel Arms 2x on 3rd to T, then - Twist R then arms up and then come to center, arms to T then Twist L, repeat 3 x

Side Bends R then L - 2x arms float then on 3rd hold on R and liW R fingertips to L hand, then Side Bend L and liW L fingertips to R hand.

**Posture Pose BPP 1**

### WORKOUT

#### **FLOW PIKE PEDAL & then to HANDS & KNEES**

Arch – Round 2x's - Wrist roll on all fours

Pike – Right leg low lunge (hold) – Plank - LeW leg low lunge (hold) - Arms Up Side Bend R then L with fingertip to floor - FEEL THE LENGTH - Step Back to Pike jump to front of mat Reverse Swan Dive

#### **STANDING**

Flow to Standing forward fold – hold few breaths - REVERSE SWAN DIVE to Posture Pose

**Profound Bow BPP 2**

Shoulder roll

Flow to plank – prone – low chest liW- hands knees – rock – hands knees – pike - Walk hands back to meet feet

Forward fold – right arm twist with le- arm down - LeW arm twist with right arm down

Round up and roll shoulders

Flow to FF and walk hands forward to plank – side plank with leW arm liWed – side plank with right arm liWed

#### **Hands & Knees**

Arch & Round 2x - Cross Legs behind then to

### WARMUP

#### **SUPINE**

**LONG HOLD Reclined Inner Thigh - Knee Hug**

Full body stretch

Legs/arms reach right – Banana - Legs/arms reach leW - Banana

Knee hug - Rock roll

Full Twist with crossed legs - Knee Hug

Quiet Pose