



Advanced: 35 minutes: St. Mary Major Live from Home: Leg Extension & Flexion with Jill

STANDING

- Posture, Breath & Gratefulness
- Angel Arms & Round Down, Squat, Fold, Reverse Swan Dive x 3
- Flow to Low Lunge R, Rotation x 3 - Hold 3rd. Lift Up to standing deep lunge while in rotation. Return front arms in T. Side bend R & Hold. Return Arms OH. Back to low lunge R and walk hands to L.
- Pike - Elevated Chest Lift x 3
- Low Lunge L, Rotation x 3 - Hold 3rd. Lift up. Side Bend L. Arms OH. Back to Low Lunge and walk hands to R.
- Pike - Hold and Warm Up
- Step / Jump up, Flat Back. Reverse Swan Dive.
- **1st BPP - Standing, arms open**
- Flow to Pike

WORKOUT

STANDING:

- High Lunge (deep). Reach Forward & return arms OH. Transition to Lunge I R - Intense HS Stretch - Lunge II - Angle Pose - Lunge II - Lunge I - Intense HS Stretch
- Wide Posture Pose - Fold Forward - Walk hands R - L hand to R ankle & Rotate R - Walk Hands Through Center to L. R Hand to L ankle & Rotate L - Lift Back to Center
- High Lunge (deep) Lunge I L - Intense HS Stretch - Lunge II - Angle Pose - Lunge II - Lunge I - Intense HS Stretch
- Balance - Extended R Leg, pushing through heel. Extended Leg Reach 2 x
- Balance - Extended L Leg, pushing through heel. Extended Leg Reach 2 x
- Fold & Hang - Round UP
- Linked Backbend R
- Fold & Hang - Round UP
- Linked Backbend L
- **BPP - Profound Bow**
- Flow to Pike - Rock

WINDDOWN

- **Long Hold with Meditation — Hip Release R - Work it out in Pike - Hip Release L**
- Transition to Long sit and roll down to Full Body Stretch
- Hip Release R. Twist to L (l leg on floor and R foot on floor just about L knee) - HOLD, HS Stretch, Repeat Other Side
- Hold onto outside of feet (knees and hips flexed)
- Knees to Chest
- Quiet Pose