

Earth Element – Connection & Stability (Sequence #1 - Recorded)

O – Opening (10 min)

- Child's Pose - 3 minutes releasing breath
- Child's Pose Walkover
- To All 4's - Cat Cow
- Downward Dog to ragdoll to roll up
- Lymphatic Hops (Activation 1 minute)
- Arm Circles

F – Foundations (10 min)

- Roll Down to Ragdoll - Downward Dog
- 3 Legged Downward Dog with 3 circles in one direction, 3 in the other
- Knee to Elbow Flow / Hold last one
- Forearm plank Hold
- Forearm plank with rainbows (5 on each side) - Sphinx - upward - downward - second round - adavasana - upward - downward - ragdoll - downward dog
- Bear Hold - grounding into earth - cat cow - puppy

P – Progressive (15 min)

- Downward Dog - Knee to elbow flow, Elevators
- DD to Plank - Childs pose - repeat
- Obliques on ball - with side leg lift pulse & kickouts - pulse to finish
- 3 x 1 minute pushups

I – Integration (15 min)

- Bear Kick Outs x 2 1 minute
- Downward dog to Plank Flow
- Elevators round 2 - downward to ragdoll - Standing
- Goddess with Arms Series
- Arm series x 2 - second round W's
- Lunge Squat for quads
- Triceps

C – Closing (10 min)

- Ragdoll
- Downward Dog
- Puppy
- Child's Pose

- Walk over
- Cat Cow
- Thread the needle with leg out
- Kapalabhati