

Wood Element – Growth & Transformation (Sequence 2 - Recorded)

O – Opening (10 min)

- Savasana with 3 minutes releasing breath
- Foot slides
Dynamic bridge, happy baby, peace fingers to big toes rock up to boat (core 34), Rock and roll to downward dog, roll up. Activation: Trunk Twists - 1 min, Arm Circles 1 min

F – Foundations (10 min)

- Ball with obliques, plank, elevatores
- Adductors with ball and alternating crunch

P – Progressive (15 min)

- 3 × 1 min push ups
- Glute Bridge March with band
- Banded Bike Twists
- Banded plank - kick ups one leg at a time
- 30 seconds of plank jacks
- Transition/Release: Downward Dog → Pilates Roll Up

I – Integration (15 min)

- Chair Pulse
- Elbows to Knees
- Arms Series
- Repeat Ball Obliques
- Arms Series Kneeling or standing or seated - to seated tricep dips

C – Closing (10 min)

- Hug Knees in
- Happy Baby
- Supine Twist
- Figure Four
- Rock and Roll
- Kapalabhati