

Water Element – Courage & Strength (Sequence #2 - Live Recorded)

O – Opening (10 min)

- Advasana - leg wipers
- Sphinx Pose - 3 minutes releasing breath
- Advasana - leg wipers
- Upward Dog
- Downward Dog, Downdog Twist
- To All 4's - Cat Cow
- Downward Dog to ragdoll to roll up
- Good Mornngns (Activation 1 minute)
- Arm Circles

F – Foundations (10 min)

- Roll Down to Downward Dog to Yogi Squat
- To Navasana (Boat) - Hold - Low Hi Low Hi Low Hi
- To back body for thigh squeeze crunch alternations
- Bridge Series
- Bridge with leg up ball squeeze (hamstrings)

P – Progressive (15 min)

- Toe taps
- Band thighs for abductors series - foot prints on the sky - pulse - Side Clams - pulse
- Bear with abductor pulse x 1 (these are super hard)
- Bridge Series Strong with band - hug knees in - rock and roll to all 4's for 3 x 1 minute

I – Integration (15 min)

- Standing March with banded thighs
- Standing bent leg kick outs to the side (support with wall - get leg as high as possible)
- Warrior 3 with boxer punch x 2 rounds - start with back leg down and progress
- Arm series x 2 - second round W's with triceps

C – Closing (10 min)

- Roll down to downward dog
- Half Pigeon - downdog - otherside - swing right leg around and come to laying down
- Supine Twist
- Hug Knees - rock to seated
- Kapalabhati