

Water Element – Courage & Strength (Sequence #1 - Recorded)

O – Opening (10 min)

- Child's Pose with walkover, Dynamic, Cat Cow, Downward Dog to seated
- Easy Pose - 3 minutes releasing breath
- Head and neck rolls
- Shoulder rolls
- Downward Dog
- HA (Activation 1 minute)
- Arm Circles

F – Foundations (10 min)

- Roll Down to Downward Dog to Bear - dynamic
- Bear with ball
- All fours - hamstring & glute warm up
- Bear hold - 30 seconds cat cow
- Plank hold - 30 seconds
- 2nd Plank hold - 30 seconds
- 3rd Plank hold - rainbows

P – Progressive (15 min)

- 3 × 1 min push ups
- Bear Kick Outs
- Downward Dog
- Standing
- Suitcase Squats
- Lunge Squats
- Suitcase Squats ROUND 2
- Standing Elbow to Knee
- Roll Down
- Bear Kick Outs round 2
- Downdog plank waves 30 sec

I – Integration (15 min) 3

- Plank 1 minute hold
- Arms
- Suitcase Squats ROUND 3 - 1 min
- Chair Pulse
- Monster Walks

- Side plank 60 side plank
- Swimmers - 2x 1 min
- Advasana Updog, Downdog, With waves to Hi Plank
- To Advasana

C – Closing (10 min)

- Broken Wing, Updog, Downdog
- To seated easy pose
- Head and neck rolls
- Shoulder rolls
- Seated Cat Cow
- Seated Twist
- Arm Stretch
- Kapalabhati