

Fire Element – Joy & Capability (Sequence 1 - Recorded)

O – Opening (10 min)

Child's Pose - 3 Minute Releasing Breath

- Walkover (natural breath - somatic)
- Cat Cow - somatic
- Bird Dog - somatic
- All Fours - Pilates Breath
- Plank - 10 seconds to belly
- Advasana - neck stretch (both sides)
- Broken Wing (both sides)
- Wipers
- Plank, Downward Dog, Rag Doll, Pilates Roll Up
- Trunk Twists - Activation
- Arm Circles

F – Foundations (10 min)

- Plank Hold (30 seconds warm up)
- Swimmers (30 seconds warm up)
- To back for Bike Twists (1 minute, no hold)
- Crunch with ball squeeze
- Repeat

P – Progressive (15 min)

- Strength: Plank - hold
- Plank - with shoulder taps
- Toe taps with knee to elbow Release cat cow
- Forearm Plank 30 sec static, 15 sec rainbows
- Push ups: 3 x 1 min (slow + precise)
- Downdog to plank spinal waves
- Plank with shoulder taps
- Elevators
- T/R: Downward Dog → Shoulder rinse → Pilates Roll Up

I – Integration (15 min)

- Lunge pulse
- Arms Series - Circles, Ws, Tricep Dips 3 x 1 minute rounds - stretch in-between

“Move through your standing lunge squats with mindful exactness - every gesture clear, every breath counted.”

“Lift your arms precision. This is your metal discipline.”

C – Closing (10 min)

- Stretches: Seated Cat Cow, arm stretch
- Seated Shoulder rinse, shoulder rolls, seated side bend, seated twist, seated cat cow between sides, eagle arms,
- Kapalabhati 3 min – **release and renew**

“Stretch your shoulders and spine with accuracy - notice the fine details of your body.”

“End with kapalabhati, crisp and clear, cleansing your breath.”