

Energizing Yoga Flow

Start with 3-5 rounds of Sun Salutations. Then perform the following poses (in order shown) moving into and out of the poses with your breath to build strength, flexibility and endurance.

1. Spinal Balance



4. Chair Pose



6. Camel



2. Plank



5. Chest Expansion



7. Superwoman



3. Downward Facing Dog



8. Bridge with Lift
(Roll between Legs)



9. Reclined Spinal Twist



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