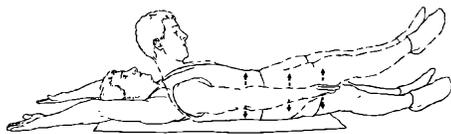
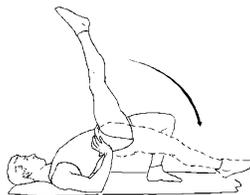


ADVANCED - 1 The Hundred



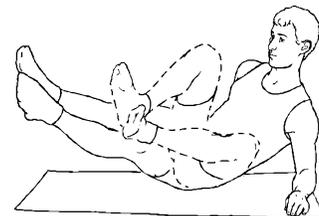
Lie on back, straight legs slightly turned out. Inhale, reaching arms over head. Exhale, pressing arms down to sides. lift legs up to 45°, curling up head, upper torso. Hold. Keep low back pressed to mat. Pump arms in small flutters up and down.  
 \_\_\_\_ pumps per inhale, \_\_\_\_ pumps per exhale.  
 Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

ADVANCED - 13 Bridge / Leg Raise  
(Intermediate / Advanced)



Hips pressed up in bridge, place hands under hips, thumbs in. Inhale, extending leg up. Exhale, lowering leg to mat, hips up.  
 Repeat \_\_\_\_ times. Repeat with other leg.  
 Do \_\_\_\_ sessions per day.

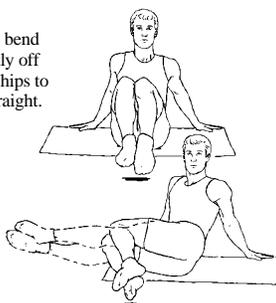
ADVANCED - 15 Side Frog



Sit balanced on side of hip, supported on forearm in front and hand in back. Legs slightly turned out, raise 30° above mat. Inhale, bending legs in. Exhale straightening legs out.  
 Repeat \_\_\_\_ times. Repeat on other side.  
 Do \_\_\_\_ sessions per day.

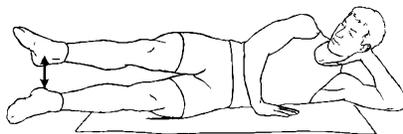
ADVANCED - 24 Can-Can

Leaning back on hands, bend legs 90° and raise slightly off floor. Exhale, twisting hips to side, and extend legs straight. Inhale, bending legs and returning.



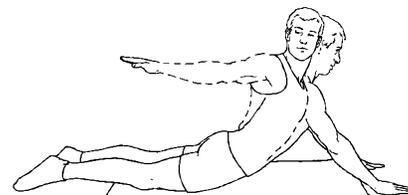
Repeat \_\_\_\_ times, alternating direction.  
 Do \_\_\_\_ sessions per day.

ADVANCED - 18 Side Leg Beat



Lie on side, back straight along edge of mat, legs 30° in front of torso. Turned out slightly, raise legs a few inches. Beat heels together lightly, inhaling \_\_\_\_ beats, exhaling \_\_\_\_ beats.  
 Repeat \_\_\_\_ times. Repeat on other side.  
 Do \_\_\_\_ sessions per day.

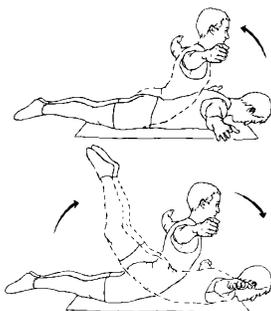
ADVANCED - 3 Swan / Twist



Prone, hands slightly above shoulders, exhale and press up torso. Inhale, reaching and looking back on diagonal. Exhale, returning. Keep hips on mat, shoulders down and abdominals in.  
 Repeat \_\_\_\_ times, alternating direction.  
 Do \_\_\_\_ sessions per day.

ADVANCED - 4 Swan Dive

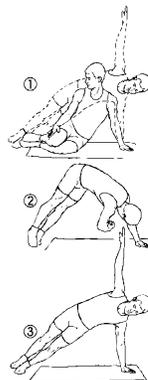
Lie on stomach, arms straight out to sides. Inhale, rocking back with whole body. Exhale, rocking forward with whole body. Keep navel to spine and neck in line with spine.



Repeat \_\_\_\_ times.  
 Do \_\_\_\_ sessions per day.

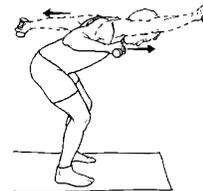
ADVANCED - 21 Side Twist

Sit on side of hip, knees bent, hand on mat, other arm on side.  
 1. Inhale, pressing up to straight line, raising top arm.  
 2. Exhale, twisting torso, reaching under with top arm.  
 3. Inhale, untwisting to straight line. Exhale, returning to sit.



Repeat \_\_\_\_ times.  
 Repeat on other side.  
 Do \_\_\_\_ sessions per day.

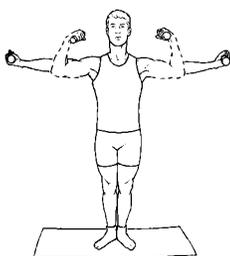
STANDING - 4 Boxing



Stand with feet parallel, hip width apart, knees slightly bent. Bend torso to 90°, hands at shoulders. Exhale, punching one arm forward, other back. Inhale, bending arms back to shoulders. Exhale, punching arms other way. Lite Dumbbell optional.  
 Repeat \_\_\_\_ changes. Do \_\_\_\_ sessions per day.

STANDING - 6 Biceps Curl

Stand with feet slightly turned out, heels together, arms out at shoulder height. Bend arms in toward shoulders and out \_\_\_\_ times.

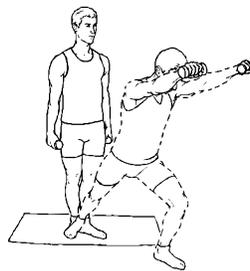


*Practice changing breath pattern with movement: Exhale with curl and inhale with straighten. Then reverse breathing pattern.*

Do \_\_\_\_ sessions per day.

STANDING - 7 Lunge

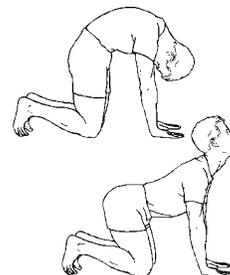
Stand with feet slightly turned out, heel in front at arch of other, body turned in line with front foot. Inhale, lunging in direction of front foot, raising arms to shoulder height, looking down. Exhale, pushing back to start.



Repeat \_\_\_\_ times.  
 Repeat on other leg.  
 Do \_\_\_\_ sessions per day.

YOGA - 24 Cat Back

On hands and knees, exhale and round back up. Inhale and arch back down.



Hold for \_\_\_\_ breaths.