

**FITFLOAT YOGA***SEATED POSES*

1. Center & Breathing  
3-5minutes
2. Seated Cat/Cow
3. Side Arm Reaches 3xboth sides
4. Seated child's pose variation/chest opener

*TABLETOP POSES*

1. Cat/Cow
2. Spinal extensions
3. Reverse crunches, knee to opposite elbow
4. Thread needle
5. Child's pose

*STANDING WARRIOR SERIES*

1. Sun Salutation A - 3 rounds
2. Sun Salutation B - 3 rounds
3. Chair Pose w/Vinyasa
4. Chair Pose Twist  
variation
5. Chair to forward fold to crescent lunge
6. Warrior 1
7. Warrior 2
8. Runner's Lunge
9. Twisting Lunge
10. Half Splits

*CORE SEQUENCE*

1. Modified Side Plank  
w/Vinyasa
2. Side Plank  
add leg lift variation as option

3. Forearm Plank
4. Eagle Crunches
5. Bicycles

*HIP SEQUENCE*

1. Single Leg Forward Bend
2. Half Pigeon
3. Butterfly Pose
4. Straddle Float - Frog Pose

*BACKBEND SEQUENCE*

1. Cobra
2. Locust
3. Bow Pose
4. Camel

*INVERSIONS*

1. Child's Pose
2. Bridge Pose

*SURRENDER*

1. Supine Twist
2. Happy Baby
3. Savasana