

**Fit Vinyasa level 1***Playlist: Winter Fit & chill*

start in a comfortable seated position with hands at heart center, take a few rounds of breath to settle & set an intention for your practice

bring backs of the hand to tops of the knees, take 3 full breaths

flip the palms to the knees

seated cat/cow

lateral flexion both sides

seated child pose

in seated child pose hands to the left, then to the right

tabletop wag the tail

from table top shift weight forward to stack shoulders over wrists then pull back to child pose, use inhale to draw forward, exhale to child pose 5x

table top inhale right fingers to ceiling, then left 3x each side

thread the needle right arm for a few breaths then switch to left

table top extend right leg back, press through the ball of the foot to stretch the calf for a couple breaths

float the toes

knee to nose & extend long for a cat/cow variation on the right side

table top extend left leg back, press through the ball of the foot to stretch the calf for a couple breaths

float the toes

knee to nose & extend long for a cat/cow variation on the left side

tabletop to down dog

walk out your down dog pedaling through the feet

walk to forward fold

flat back

high mountain

exhale to chair

inhale high mountain

exhale to fold

inhale twist left

exhale fold

inhale twist right

exhale fold

inhale flat back

exhale step to plank, drop knees, lower to belly

inhale low cobra

exhale child pose

down dog

three legged dog

step to lunge, drop back knee, modified crescent

half split

low lunge with a twist

step to plank lower chaturanga updog

repeat other side

down dog step to forward fold

inhale flat back, exhale fold

inhale high mt. exhale to chair

inhale high mt. exhale to fold

step to plank, chaturanga, updog, down dog

3 legged dog, knee to opposite elbow, knee to same elbow, knee to nose, step to low lunge

drop back knee, shift toes to the side, float hands for a modified warrior I

warrior II, reverse warrior, to plank lower to chaturanga updog, down dog

2nd round same side maybe suggest staying off the back knee and taking the full expression

Take two rounds on the left side, first modified second full variation if they'd like

meet in a down dog, step to fold, flat back, fold, high mountain, chair

in chair hands heart center twist right, twist left

inhale up to high mountain, exhale fold, plank, chaturanga, updog, child's pose

seated position legs extend, hinge at the hips, seated forward fold

right sole of foot to left inner thigh, fold forward

seated right knee to chest, holding toes, foot, or lower leg, bend & extend right leg using the breath

release leg & hold in half boat variation

seated forward fold take sequence with the left leg

in a seated position draw both knees to chest, float toes for boat pose

reverse table top

lie down on back knees to chest

rock forward & back for a few rounds of breath & come up for 1 more boat pose

bridge pose

supine twist to both sides

savasana