

Dynamic Warm-up

1. Arm Swing



2. Neck Stretch (rotation)



3. Neck Stretch (side to side)



4. Side Bend



5. Trunk Twist



6. Front Leg Swing



7. Side Leg Swing



Foundation Exercises

1. Squat



2. Straight-leg Lunge



3. Warrior 3



4. Half Moon



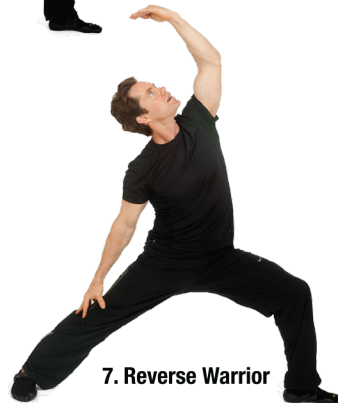
5. Warrior 1



6. Warrior 2



7. Reverse Warrior



8. Extended Angle



9. Spread Eagle



10. Dancer



11. Standing Downward Dog



12. Standing Upward Dog

