

# Mindful Movements Sequence

## Sun Salutations A



Downdog



Fold



Half lift

## Sun Salutations A



Plank



Low push up



Up Dog



Down dog

## Sun Salutations B



downdog



Warrior 2



Reverse warrior



Extended Warrior (left)

## Sun Salutations B



Chair



Reach



Heart center



Chair

## Sun Salutations B



Fold



half lift



plank



low push up

## Sun Salutations B



updog



downdog



Repeat both sides



Warrior 1

**Sun Salutations B**



Low lunge



Balloon



plank



low push up

**Sun Salutations B**



updog



downdog



Repeat both sides

**Standing**



Chair

**Standing**



Reach



Mountain



Fold



Fold with bind

**Seated**



Book



Folded Book



Boat



Plank

**Finishing**

**Finishing**



Low plank



Belly



cobra

**Closing Meditation**



3 Inhales & Hum