

HAPPY BACK SEQUENCE

WARMUP (5 min)



Establish breathing



Moon Squats x5 x3 sets



Standing Side Body Stretch



Rag Doll x 2 min

POSES (11 min)



Reclining Hero x 5 min

Reset



Cat Cow x10

POSES (8 min)



Sphinx x 2 min



A-Frog x 2 min / side

Reset



Down Dog Twists

POSES (20 min)



Wide Dog x 5 min



Block Bridge x 5 min



Pigeon Pose x 3 min / sides

POSES (11 min)

Reset



Forward Fold



Shoulder Pow x 2 min



Arrow Pose (toes tucked) x 2 min



Cliffhanger x 3 min

Reset



Thread the needle right/left