**CAPLA YOGA: ~20 MIN.**

**~1-3 MIN.**
- **HERO POSE** - Sit between feet
- **FOCUSED BREATH** - Prop under sit bones (butt!) if needed.

**~30 sec - 1 min / side**
- **TREE POSE** - Elevated foot above or below knee, NOT on

**~1 MIN**
- **FORWARD FOLD**
  - Hold opposite elbows
  - Engage leg muscles
  - Relax arms shoulders neck
  - Bent knees ok

**~1 - 3 MIN.**
- **PUPPY POSE**
  - Stretch upper back
  - Forehead on floor
  - Continue walking fingers away from knees.
  - Stretch hips up & back.

**~3 MIN.**
- **CHILD'S POSE**

**~3 MIN.**
- **STRETCHED FORWARD FOLD**
  - Bent knees ok
  - Prop with pillow under or on top of legs - or both.
  - Use belt/strap from Handy Wrap around feet - or -
  - Grab toes.

*This should be a deep stretch but also relaxing - use props!*
~5 min.
- Legs Up the Wall
  * Should feel passive
  * Belt legs together above knees if needed

~1 min.
- Downward Dog
  * Knees bent ok

ALT:

~1 min.
- Cat/Cow

INHALE  EXHALE

~7 min.
- Savasana
  * Set timer unless you need/want a nap!

Cover eyes
Heavy blanket

Namaste!