

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

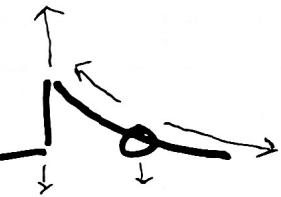
- TREE POSE
- ELEVATED FOOT ABOVE OR BELOW KNEE - NOT ON



~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.
- STRETH HIPS UP + BACK.



~3 MIN.

- CHILDS POSE

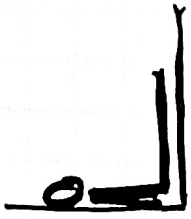


~3 MIN.

- SEATED FORWARD FOLD

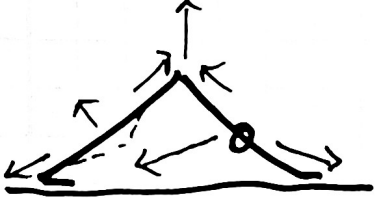
- BENT KNEES OK
- PROP WITH PILLOW - UNDER OR ON TOP OF LEGS - OR BOTH.
- USE BELT / STRAP FROM HANDS WRAP AROUND FEET - OR - GRAB TOES.

- THIS SHOULD BE A DEEPSTRETCH BUT ALSO RELAXING - USE PROPS!



~5 MIN.
 • LEGS UP THE WALL

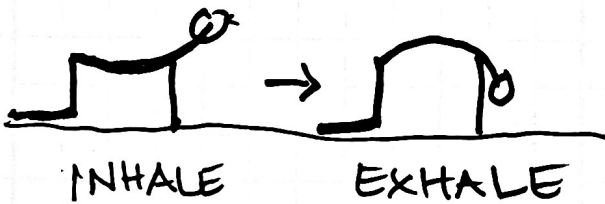
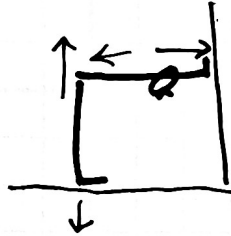
• SHOULD FEEL PASSIVE
 • BELT LEGS TOGETHER ABOVE KNEES IF NEEDED



~1 MIN.
 • DOWNWARD DOG

• KNEES BENT OK

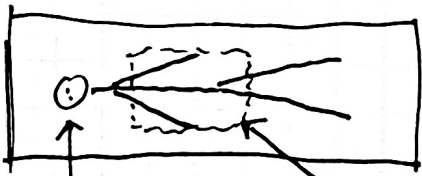
ALT:



~1 MIN.
 • CAT/COW

INHALE

EXHALE



~7 MIN.
 • SAVASANA

• SET TIMER UNLESS YOU NEED/WANT A NAP!

COVER EYES

HEAVY BLANKET



NAMASTE!