

Section 1: Warm up

10 minutes

Section Objective: Gently warm up the entire body focusing on posture, mobility and breathwork.

- 60 seconds - Seated Mountain Pose
- 30 seconds - Breathwork + Sunflower pose
- 2 minutes - Dynamic Side Seam Stretch 4 reps, Static side seam stretch 15 seconds
- 60 seconds - Low Back Bend
- 2 minutes - Dynamic Thoracic Spine twists - 1 minute each direction
- 90 seconds - Static Thoracic spine twists - 40 seconds each way, 5 seconds transition to other side
- 60 seconds - Dynamic Hip Opener
- 60 seconds - Static Hip Opener

Section 2: Working

20 minutes

Section Objective: Intensify the workout by utilizing movement patterns that challenge both strength and balance.

- 30 seconds - Working Set explanation and outline as class transitions to a standing position.
- 60 seconds - Instruct participants to move their chair to the front of their mat
- 10 minutes - Modified Sun Salutation
 - Round 1 - 90 seconds - 10-15 second hold in each position.
 - Round 2 and 3 - 8 minutes - 30 second hold in each position.
- 30 seconds - small break and transition into balance
- 5 minutes - Compass Balance
 - Round 1 - 90 seconds - 15 seconds hold in each position
 - Round 2 - 3 minutes - 30 second hold in each position
- 4 minutes - Tree Pose
 - Round 1 - 60 seconds - 30 seconds per side (10-15 second transition to other side)
 - Round 2 - 120 seconds - 60 seconds per side (10 -15 second transition to other side)

Section 3: Reconditioning

15 minutes

Section Objective: Recover mind and body through lengthening stretches and rest.

- 60 seconds - Transition to floor (teach how to get down if needed)
- 7 minutes - Figure 4 Sequence
 - Hip Opener 30 seconds
 - Straddle stretch 30 seconds
 - R. Hamstring stretch 30 seconds
 - Figure 4 45 seconds
 - Piriformis Stretch 45 seconds
 - Both legs 30 seconds
 - L. Hamstring stretch 30 seconds
 - Figure 4 45 seconds
 - Piriformis stretch 45 seconds
 - Both legs 30 seconds
- 5 minutes - Rest

