

TRACK 01



inhale push away



stretch arms back



circle hands



fingers to ceiling



move from waist

TRACK 02



Inhale



Exhale



start

TRACK 03



bend knees



stretch legs



rock knees forward



start inhale

TRACK 04



exhale



exhale return



exhale start



sit back



Inhale scoop through



exhale rest

TRACK 05



start inhale



exhale lift



exhale lift



rest



inhale sit tall



exhale imprint spine

TRACK 06

TRACK 07



start



exhale float other knee



Exhale tap toe

TRACK 08



exhale roll up



arms over roll down

TRACK 09



start roll up



circle leg



progression

TRACK 11



start exhale



inhale up



exhale knee drops



exhale knee and foot

TRACK 12



exhale reach legs



legs high



legs low



exhale reach legs



progression



progression

TRACK 13



roll body



pulse belly back



pulse belly back

TRACK 14

























start



both legs up



separate legs

	<p>TRACK 15</p> 		<p>TRACK 16</p> 		<p>TRACK 17</p> 
<p>exhale scissor</p>	<p>exhale knee lifts</p>	<p>figure of eight</p>	<p>start</p>	<p>breathe</p>	<p>start</p>
					<p>TRACK 18</p> 
<p>shoulders & head up</p>	<p>arms forward and back</p>	<p>breast stroke arms</p>	<p>stretch front of thigh</p>	<p>rest position</p>	<p>on back</p>
					
<p>from all 4's</p>	<p>progression</p>	<p>start</p>	<p>stretch heel up</p>	<p>move towards head</p>	<p>hips stay down</p>
					
<p>exhale stretch</p>	<p>start</p>	<p>reach arm, bend knee</p>	<p>roll back up</p>		