

Quick Mobility Flow

Urdhva Hastasana

Forward Fold, walk hands forward into
Downward Facing Dog and pedal out feet

Three-Legged Dog (pick either side)

Low Lunge

Easy Twist

Low Lunge

Crescent Lunge

Half Hanuman

Low Lunge

Downward Facing Dog and pedal out feet
switch sides and repeat

Finish with Rag Doll, then roll up into

Tadasana



THE SWEATY EQUESTRIAN