



Mini Practice (20 Mins)

Theme: Burst of Energy

Peak Pose: Headstand

*focus on energizing dynamic asana including backbends, inversions and building the inhale. Move at a quicker pace but sustain the breath

Props: Blanket, blocks, wall

Sequence:

Stand in Tadasana and tune into Ujjayi breath

Sun Breaths 2x

Surya Namaskar A 2x

Warrior II breaths right side 3x (inhale straighten front leg, reach arms overhead, exhale

Warrior II) → Peaceful Warrior → Parsvakonasana (Side Angle Bend) → Peaceful

Warrior → Parsvakonasana → Peaceful Warrior → Vinyasa

Repeat Left Side

Downward Dog → Plank → Lower all the way down

Dynamic Cobra Pose to build inhale 4 rounds

- Inhale 5 to cobra, exhale 5 to lower back down
- Inhale 6, exhale 5
- Inhale 7, exhale 5
- Inhale 8, exhale 5

Child's Pose (brief)

Headstand 5-10 breaths

Child's Pose (3 breaths)

Sarvangasana (Shoulderstand) 5-10 breaths

Legs Up the Wall (or in the air)

Reclined Twist

Savasana (short and sweet)