

FOUNDATIONS

Full Program



Basic Position

5 Minutes to settle in & Breathe

**Wink for 2 second intervals
for 1 minute.**

Items Needed:

- Yoga Block
- Yoga Mat
- Hand Towel (folded in quarters)
- Interval Timer
- Bare Feet



**Sit bone squeeze
2 second intervals
repeat for 1 minute**

**Repeat Sits bone and Femur
squeeze as a set for 3 rounds**



**Femur squeeze
2 second intervals
repeat for 1 minute**



**Shoulder blade squeeze
2 second intervals
repeat for 1 minute
Floor Presses
shhh as arms go up
repeat for 1 min**



**Pullovers
Exhale shhhh as arms go back
repeat for 1 minute**



Arm Angels
Shhhh as arms go up
repeat for 1 minute



Single Leg Hip Hinge
5 per side



Crossed Ankle Hip Lift
Hold for 1 minute



Foot Circles and Point and flex
5X each way



Butt Bridge
Hold for 30 seconds to 1 min



Upper Spinal Rotation
3-5X each side



Cats-N-Dogs

Repeat for 1 minute



**Horizontal Squat
hold for 1 minute
or
Childs Pose
1 min**



**Wall sit
1 min**

**Ladies wall sit first
Men Downward dog first**



Downward Dog

**In place of Down Dog do
Counter stretch
1 minute**

