



Zen Flexion

Listen to your body and remain in each pose as long as you feel comfortable. As you progress you will be able to go deeper into and hold each pose for longer periods of time.

Warm Up

(5-8 minutes to prepare your body for the workout)

Plank

Downward Dog

Three Legged Dog

High Lunge

Warrior II

Peaceful Warrior

Warrior III

Chair

Locust

Repeat as Necessary

Cool Down

Pigeon Pose – Reclined Goddess Pose – Happy Baby – Corpse Pose