

Sunrise 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)

Seated Cross Legged – Childs Pose – Table Top – Cat – Cow – Table Top

**Downward Dog – Rag Doll – Twist – Chest Expansion – Hands to Heart – Mountain Pose –
Standing Back Bend – Mountain Pose**

**Forward Fold – Hand Under Foot Pose – Lift Up – Low Lunge – Low Lunge with Dropped Back
Knee – Twist – Modified Crescent Lunge**

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