

Zen Flexion (Hip Openers)

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)

Downward Facing Dog

Low Lunge

Lizard

Pigeon – Pigeon Forward Bend – Pigeon Twist

Butterfly

Supine Pigeon

Supine Twists

Happy Baby

Garland

Wide Angle Forward Fold

Frog

Repeat as Necessary

Cool Down

Reclined Goddess – Corpse