HY Masters Project - Nihra Devotionals Flow 2

1. Begin in reclined butterfly - sit for 10 breath cycles
2. Raise left foot and grab hold of left big toe - draw foot toward head
3. Repeat with right side
4. Close eyes and breathe for 5 breath cycles
5. Repeat other side
6. Hug knees into chest and begin to rock backward and forward until you rock on to your feet
7. Stand to mountain
8. Forward fold and take opposite hand to opposite elbow and rock side to side for ragdoll
9. Release right hand down extend left arm up
10. Release left hand down extend right arm up
11. Slowly rise to stand
12. Turn palms up, close eyes and breathe for 3 breaths
13. Inhale take arms up
14. Swan dive forward fold
15. Inhale come halfway up hands to shins
16. Exhale lower down
17. Get to plank
18. Chaturanga
19. Upward facing dog
20. Get back to down dog
21. Right leg lifts - bring it in between hands, come up on ball of left foot
22. Lift arms up for crescent lunge
23. Bring hands to heart center, twist and place left elbow on outside of right knee
24. Come back to center
25. Bring hands down, step back to downdog
26. Walk feet to hands
27. Bend knees, send tailbone back, raise arms up for chair pose - hold for 5 full breaths
28. Repeat full flow each side two times
29. When finished rest in child’s pose for three breaths
30. Take hands to left side
31. Take hands to right side
32. Come up to table top
33. Cat/cow for 5 breaths
34. Sit back take legs in front - bring to butterfly, lower down
35. Extend right leg out and reach down
36. Extend left leg out and reach down
37. Lay on back bring knees to chest
38. Revolve on each side
39. Come back center, reach for feet open up for happy baby
40. Release for savasana