

Asana, Inquiry & Meditation

Sun A



Extended Mountain



Forward Fold



Half Lift



Chaturanga Dandasana



Upward Facing Dog



Downward Facing Dog



Step the front of the mat

Repeat 5 times

Sun B



Thunderbolt



Forward Fold



Half Lift



Chaturanga Dandasana



Upward Facing Dog



Downward Facing Dog



Right Foot Warrior 1



Chaturanga Dandasana



Upward Facing Dog



Downward Facing Dog



Left Foot Warrior 1



Chaturanga Dandasana



Upward Facing Dog



Downward Facing Dog

Repeat 5 times

Today I am _____ and I will _____.

Breathe in for four counts, and breathe out for four counts. Pause or hold breath between the inhale and the exhale. Do this several times until the breath finds a rhythm.