

Sample Opening Sequence 3

In this opening sequence, you will sit in stillness to help you anchor into your breath and body and begin to lengthen and release the muscles along your spine.



1 Easy pose
(page 70)



2 Easy seated twist
(page 71)



3 Easy seated fold
(page 71)



4 Downward-facing dog
(page 80)



5 Mountain pose
(page 77)