

April Sequence



GO FLY A KITE!

The beauty of this routine is to encourage spring renewal..to maintain grounding and cultivation while that joyful bud of surprise and awe awakens in us, ready to blossom. Rooting to take flight. Reminding ourselves: mind, body and hearts, that we are brilliant, wonderful and amazing. Radiate to new heights; unleash your wings and soar!

Awaken to the Amazing!

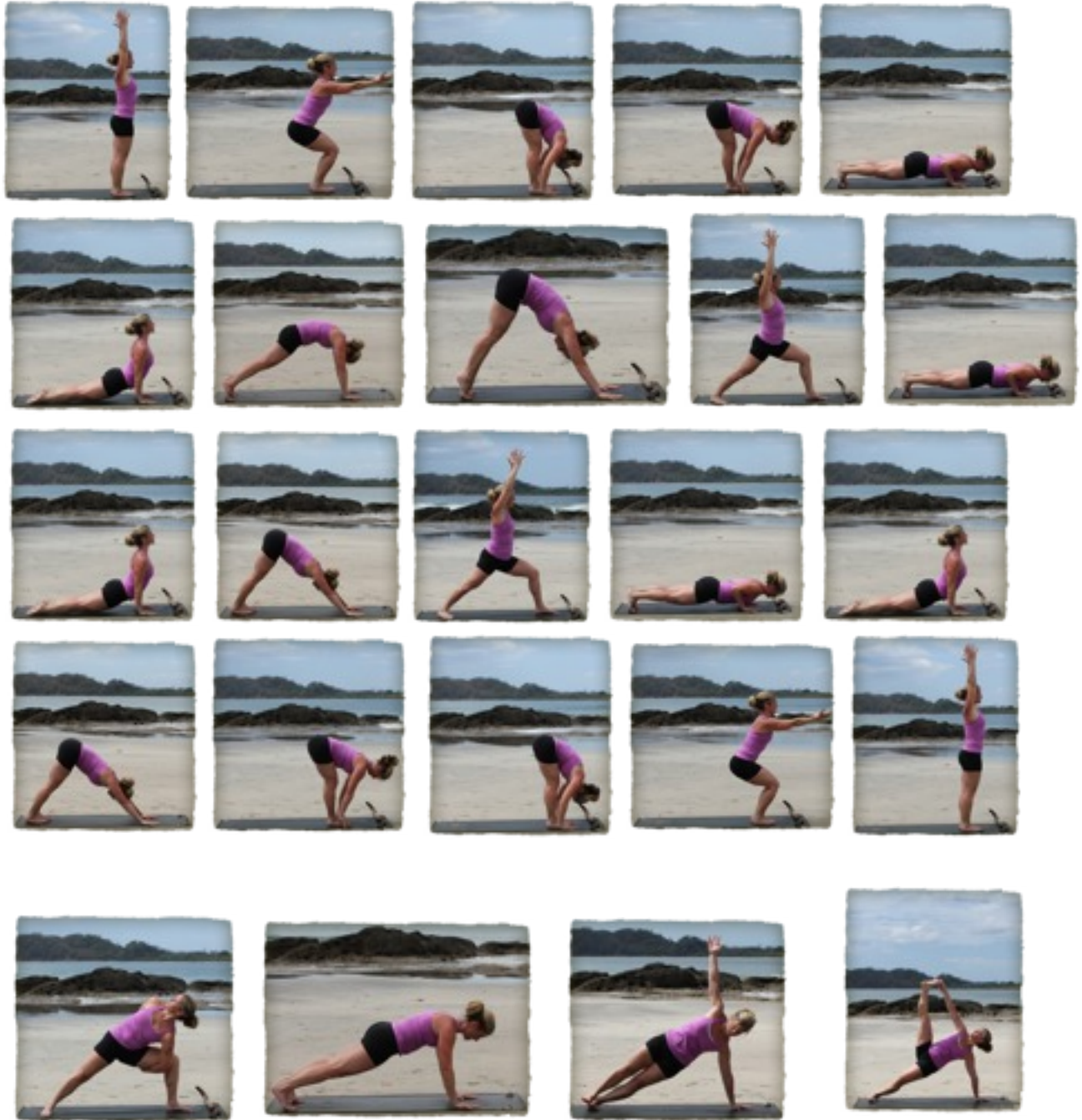


Sun Shiny Eh!



April Sequence

Sun Shiny Be



Goddess Runner

Plank

Side Plank

Fly your kite

April Sequence



Wave down dogs



IT's Love



Ultimate



Boomerang



Flip Dog: a belly rub



Hi Low Push Up to sparkle



Cat Cow from Grace (knees)



*** Insert your own Flow here! *always your choice!**



Eagle



Mala



Crow

*** Svsnasana (Nesting!) As much as you allow your wings to soak in!**