June Sequence

Sweet Sweet Nectar!

Balance!

Like the honey bee to the bloom, we continue to renew and be ready, as we now cultivate a radiance of strength and grace...building in balance and the nectar of that replenishment to open and grow. With continued back body opening, now compliments our practice, the grace of the side body. We have begun again as we've rooted to take flight and enjoyed that momentum...now we dynamically enjoy this profound awareness. Sweet sweet june flow; the nectar of the golden, awakening to balance. So dynamic!

Awaken to the Amazing

Sun A X 2
Sun B X 1

Down Dog Connect
Warriors A
Warrior B

Exalted
Humble
Needle
Warrior C
Half Moon
Bound Half Moon in Flight (Flying Bow)

FF Back Opener
Crow
Planks
Planks and Side

Restorative Childs for Hips

Triangle
Crescents
Runners Gate
Ballet Bridge

Flying Bow from knees
Canoe Navasana
Eagle Rising Navasana

Half Pigeon
Seated Firelog with arms
Reverse Table Top or Flip your Dog

Vipparhitta
Mamma Said
Laying Butterfly

Svanasana