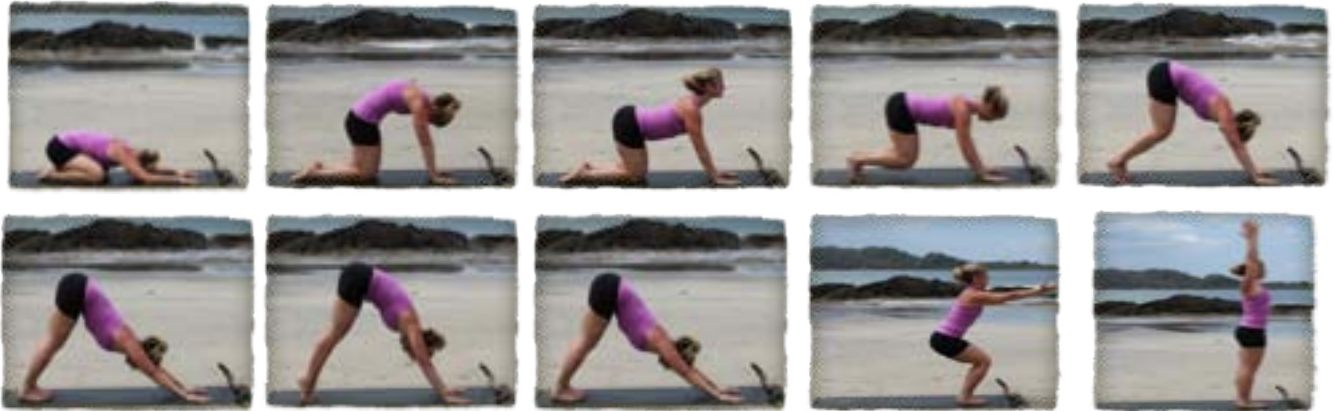


# May Sequence

## Joyful Momentum!

The beauty of this routine is to encourage spring renewal..to follow your breath's rhythm and groove up to that magical momentum of flow! It is about connection and awareness to the present in order to joyfully grow, enjoying the momentum of that blossoming! Move in the rhythm of your breath repeating each succulent partnership 3 to 6 times. *Momentum also reflects in stillness.* Connect is stillness and enjoy that trust. Take this sequence with space, serenity and *soufull* connection to nature. Nurture yourself and your spirit with ever giving breath, insight and energy, as you grow close to move mountains! Momentous and monumental joy!

## Awaken to the Amazing!



## Sun Shiny Eh! (Optional)



# May Sequence



Shine & Spiral Twist



Forward Fold & Dive in!



Connect D Dog



Plank Wave to One Leg D Dog



Crescents to Humble



Goddess Runner (var) & Lift Off



Bow & Locust (1/2 Moon & Side Plank Bow)



Deep Mala (Frog)



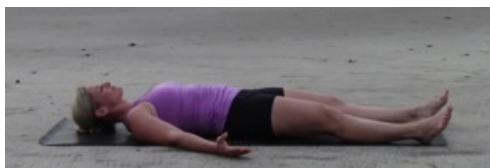
Virasana



Childs to Cobra



Firelog



Svnasana (Nesting!)

