

...stirred n' a twist o' lime!

Integrate	down dog	childs pose
Yin:		bow
hurdler	flow	setu bhandasana
cocoon		urdva danurasana
hurdler	triangle	butterfly
half saddle	revolved triangle	half marichiasana
half saddle childs	warrior three	butterfly fold
	needle	half marichiasana
Sun Salutes:	handstand	straddle
A, B, Sea	half mala	side opening straddle
	galasana	ballet gate
Flow:	utkatasana	side opening straddle
Eagle lunge	crow	ballet gate
Eagle balance	utkatasana	paschimottanasana
Uttanasana	galasana	mama says legs
Revolved utkatasana	half mala	shoulder stand
Utkatasana	handstand	dragonfly or straddle
Revolved utkatasana	needle	lazy shoulder stand
Eagle balance	warrior three	
Eagle lunge	revolved triangle	seated breath work
	triangle	
flow	flow	bolster work:
		forward fold
warrior one	tree	childs posture
warrior two	dancer	side bolster with childs
exalted warrior	dancer	posture
warrior two gomukasana	tree	savasana with choice of
extended side angle		bolster under knees or
wild thing	flow	spinal length
down dog	knee lunge	
wild thing	knee lunge gomukasana	ahhhhhhhhh!
extended side angle	half pigeon	
warrior two gomukasana	fire log	
exalted warrior	plank	
warrior two	side plank	
warrior one	vasisthasana	
	hanumasana	
flow	down dog	
	half pigeon	
down dog	fire log	
one leg down dog	plank	
i t band love	side plank	
ultimate	vasisthasana	
cat burglar	hanumasana	
push up flow	knee lunge gomukasana	
cat burglar	knee lunge	
ultimate		
it band love	elbow plank	
one leg down dog		