



Section 1

Workout Schedule

DAY 1

Introduce, explain, practice all poses, briefly describe benefits of each on first day

Neck rolls (3 cycles)
Forward Bend (3 cycles, 3 breaths)
Cobra (3 cycles, 3 breaths)
5 Rites (5)
Frog (3 cycles of 7)
Deep Breath (3 minutes)
Meditation (5 minutes)

DAY 2

Neck Rolls (3 cycles)
Head to Knee (3 cycles, 5 breaths)
Cobra (3 cycles, 5 breaths)
5 Rites (5)
Frog (3 cycles of 7)
Introduce Camel (3 cycles, 2 breaths)
Introduce Chair (3 cycles, 5 breaths)
Deep Breath (3 minutes)
Meditation (5 minutes)

DAY 3

Neck Rolls (3 cycles)
Head to Knee (3 cycles, 5 breaths)
Cobra (3 cycles, 5 breaths)

