

# Spring



Easy  
**golden thread breath**



Bound Angle  
**seated womb greetings**



Cat Cow



Cow 3



Kneeling Half Moon



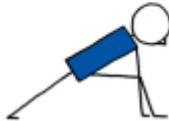
Child



Cobra  
**look left then right  
then centre**



Down Dog



Lunge (hands on floor)



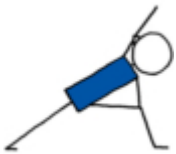
Reversed Warrior



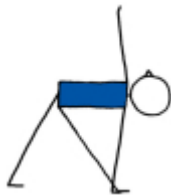
Extended Side Angle 2



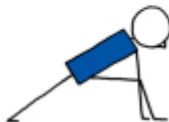
Humble Warrior



Extended Side Angle 2



Triangle



Lunge (hands on floor)



Down Dog



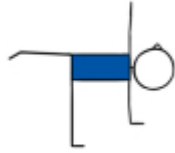
Repeat On Other Side



Dancer  
**expand and grow**



Eagle  
fold



Half Moon  
expand and grow



Half Moon Bow  
contract and  
consolidate



Forward Bend



Repeat On Other Side



Half Lord Of The  
Fishes



Upward Staff

2x

Repeat 2 Times



Side Crow



Repeat On Other Side



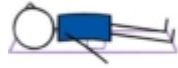
Wide Angle Seated  
Fold



Supine (knees bent)



Bridge (block)



Savasana (rolled  
blanket)