

True Power Yoga

Session #835 with Kimberly Spreen-Glick

A Sequence:

Inhale arms overhead – Side Bend Right – Center – Side Bend Left – Chest Expansion – Forward Fold – Halfway Lift – Chaturanga – Upward Facing Dog/Cobra – Downward Facing Dog – Look Forward – Move Forward – Halfway Lift – Forward Fold

B Sequence:

Inhale Chair Pose – Cross left foot behind Squat – Chair Pose – Cross right foot behind Squat – Chair Pose – “Chair Plane”(Sweep arms back like wings) – Extended Mountain with Chest Expansion – Forward Fold – Halfway Lift – Chaturanga – Upward Facing Dog/Cobra – Downward Facing Dog – 3 Legged Dog(right leg up) – Low Lunge – Warrior I – “Vinyasa”(return to Downward Dog) 3 Legged Dog(left leg up) – Low Lunge – Warrior I – “Vinyasa”(return to Downward Dog)

C Sequence:

3 Legged Dog w/Open hip – Right knee to right elbow – 3 Legged Dog – Knee to Opposite Elbow – Starfish – Sit and forward fold over leg that’s on the mat – Starfish – 3 Legged Dog – Crescent B Lunge – Hanumasana Prep – Shift forward High Lunge – Open Arm Twist – 5 Pointed Star – Scandasana L – Dragonfly twist – Shiva squat – Balancing half moon – Shiva squat – 1-Legged Tadasana – Figure 4 – 1-Legged Tadasana – Airplane – Reverse Warrior – “Vinyasa”(return to Downward Dog and repeat with left leg leading)

Challenge:

Navasana – open/close and rotations

Deep Stretches & Release:

Sphinx – Child’s Pose – Pigeon L – Seated Twist R – Seated Twist L – Pigeon R – Single Leg Forward Fold L & R – Full Body Stretch – Bridge/Wheel – Supine Twist R & L – Happy Baby – Savasanahhhh😊

Thank you for your time and energy today! Let’s stay connected:

@kimberlyspreenglick



Website: www.TheInspiredLifeUniversity.com Email: kimberly@TheInspiredLifeUniversity.com

Know Yourself. Love Yourself. Be Yourself!