



Warrior 1 Standing Sequence



Stand with hands at your heart. Set an intention for your practice.



Extend arms over your head rooting your feet + reaching to the sky.



Slowly bow forward. Modification: Bend knees to release hamstrings + low back.



Step back + lift hips into Downward Facing Dog. Take a few breaths while bending knees and swaying hips.



Step forward with the right foot into lunge. Bring hands to blocks or fingertips + pulse hips up and down.



Rise up into Warrior 1 feeling strong + balanced in your stance.



Lower hands + step back into Plank. Modification: Lower knees to ground.



Hover to the ground maintaining a straight line from your shoulders to knees to ankles.



Slowly rise into Cobra while pressing elbows towards your toes.



Tuck toes, + lift hip into Downward Facing Dog.

Repeat sequence on left side.

Complete 3-6 cycles of the sequence sprinkling in poses you enjoy or would like to explore.