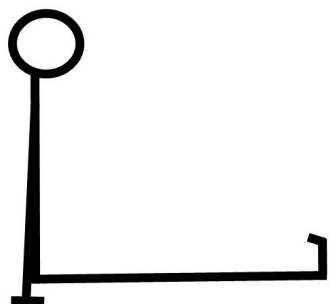
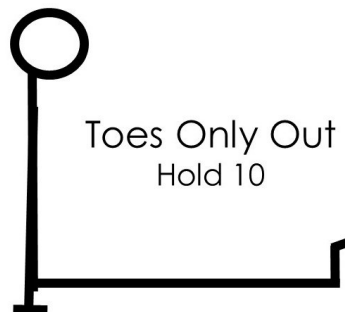
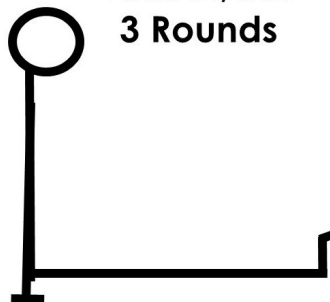


Yoga Mobility Drills to Warm-up

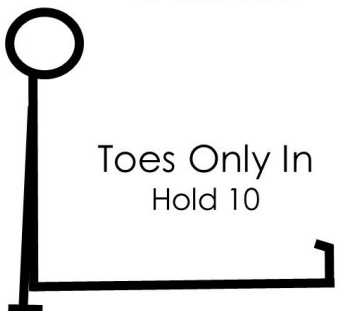


Toes in/out
3 Rounds

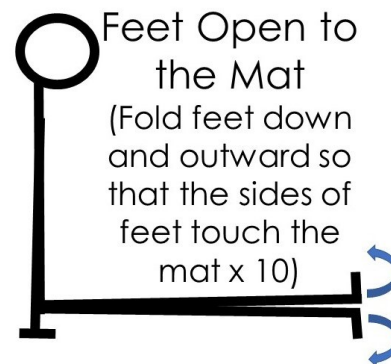


Toes Only Out
Hold 10

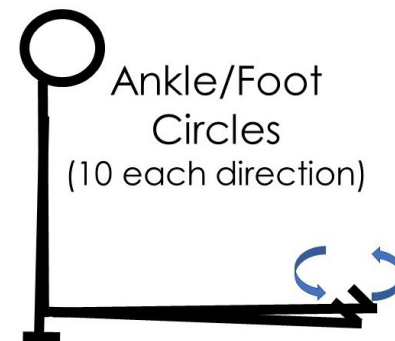
3 Rounds



Toes Only In
Hold 10

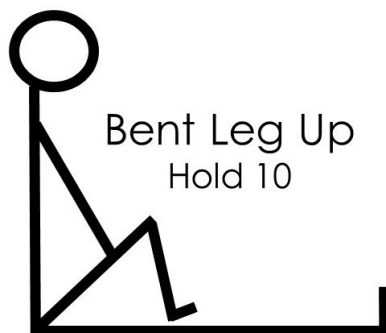


Feet Open to
the Mat
(Fold feet down
and outward so
that the sides of
feet touch the
mat x 10)

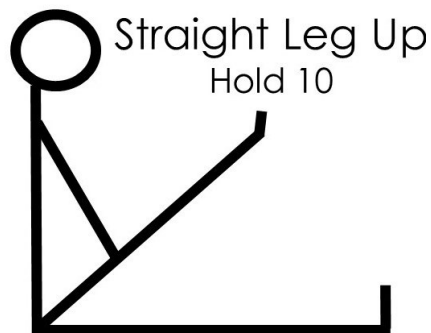


Ankle/Foot
Circles
(10 each direction)

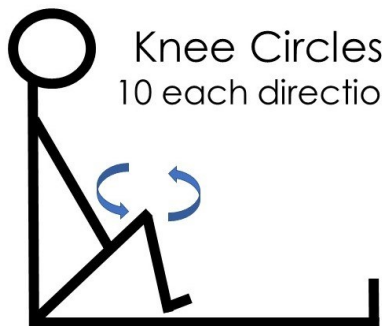
3 Rounds



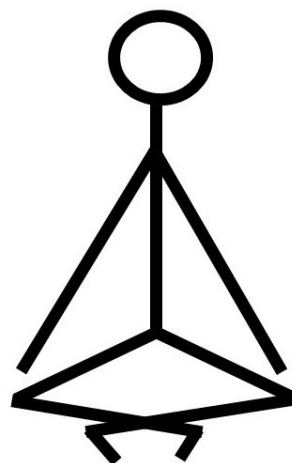
Bent Leg Up
Hold 10



Straight Leg Up
Hold 10

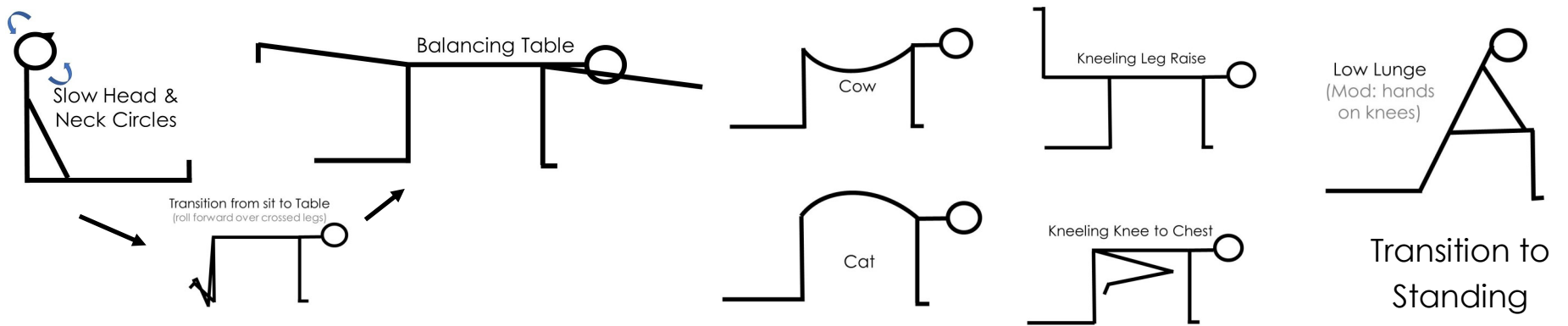
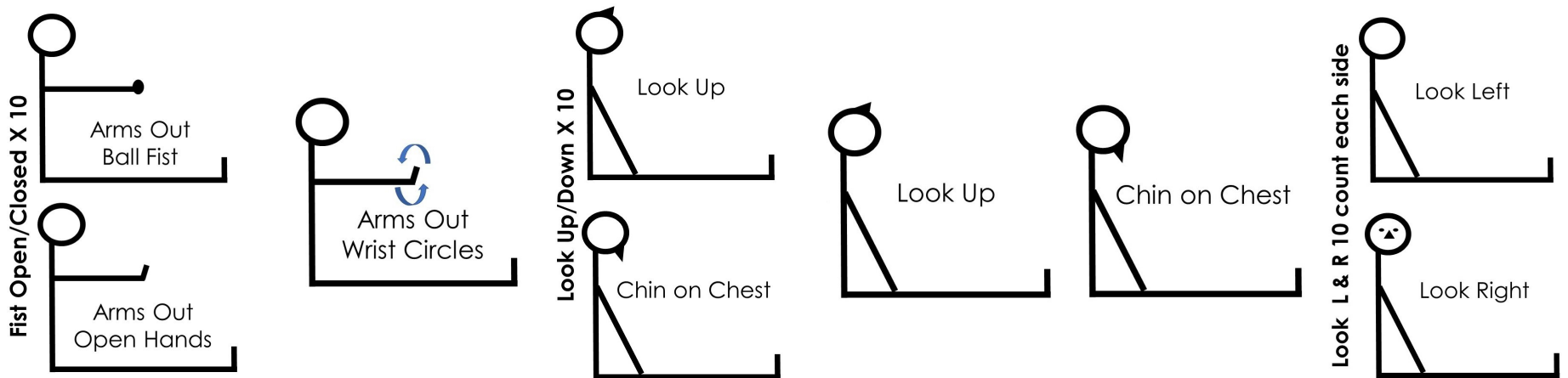
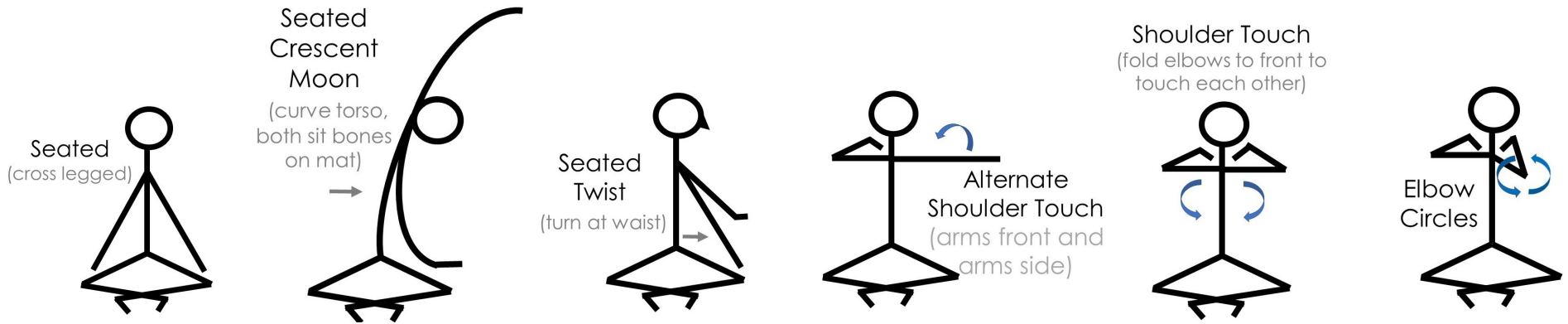


Knee Circles
10 each direction



Seated Leg Cross Swap Drill

Lean back a little to sit on tripod of pelvic bones, swap crossed legs x 20 whilst balancing, steady yourself with palms on floor as needed. Finish by holding crossed legs for a 10 count.



Yoga Warm-up Drill #2