

MOBILITY FLOW

focused on mobility in most major joints and the spine

Start in child's pose, knees under body

- **arms sweep down, lead with finger tips; arms sweep up, lead with wrists**
- **external rotation of one shoulder, internal rotation and arms tucks behind the back, twist. Retrace steps. repeat on opposite side**
- **Cat/Cow, transition to table top and down dog, pedal feet, ripple spine to up dog and back to down dog**
- **inch worm back, squat. Open arms with torso rotation RL, add shoulder mobility work and repeat on either side, again with both arms**
- **Explore arm balance, pour the weight**
- **Internal and external rotation of hips, domino legs and sweep to reset. Forward fold. Down dog.**
- **Lizard, elbow drop, circle arm, pull elbow in, hand plank, extend front leg, return to down dog. Repeat other side.**
- **Inchworm hands back.**
- **Hip mobility from seated position. Rotate through double 90, extend bottom leg, circle ankle. Collapsed pigeon with hip hinge, arms behind, side, and forward, relax over front leg. Retrace and repeat other side.**
- **Belly work, asymmetrical shoulder mobility.**
- **Up dog to down dog, spiral to flip overdraw leg under to hovering bear. Repeat other side. Repeat on both sides with leg hook and sweep to bear.**
- **Down dog. Pedal feet. Hovering bird dog on either side.**