

VINYASA 1

DURATION		CUES				PAUL SIMON
CLASS	SEGMENT	POSE				DIAMONDS on the SOLES
18 : 30	0 : 0	3LD RT / BOY DOG RIGHT	bend knee	open hip	roll ankle	dist wt even
		KNEE CRUNCHES X3	exhale	round & curl	inhale	heel to sky
		EZ TWIST	inhale	float rt hand	stack shoulders	gaze fingers
		SCANDASANA	exhale	left knee bends		
		LIZARD	runners lunge	frame left foot	LIZARD melt to mat	
		SCANDASANA		right knee bends		
		LIZARD		frame right foot	LIZARD melt to mat	
		REVOLVED TRIANGLE	runners lunge	straighten rt knee	left hand rt foot	float right hand
		KUNDALINI TWIST	bend rt knee	left hand planted	float rt hand	left heel to glute
		COW FACE	bring weight to	left hand	lower to left sitz	hands to o/s feet
		HAPPY BABY	roll back	hands to o/s feet	back flat on mat	
		TOE STAND	rock n roll		check in on your breathing	
		SUPPORTED WARRIOR 3	left leg flies	hips square	ankle flexed	toes point down
		TADASANA	left foot releases to mat		flow to dfd	
		DOWN DOG				
23 : 30	5 : 0	3LD LEFT / BOY DOG LFT				
24 : 19	5 : 49					5 : 49
24 : 20	5 : 50					SHERRY DARLING
						BRUCE SPRINGSTEEN
28 : 30	10 : 0	SEGMENT END				0 : 0