DIG YOGA HOME PRACTICE SEQUENCE

- easy crossed leg
- cat/cow 3x
- down dog
- standing forward bend
- mountain
- mountain-shoulder stretch
- down dog
- plank
- push-up
- cobra
- down dog
- chair
- extended right angle-both sides
- wide-legged standing forward bend
- triangle-both sides
- tree
- down dog
- side plank-both sides
- pigeon
- lunge thigh stretch
- childs pose
- bridge
- upward facing bow
- firelog
- cobblers
- one-legged seated forward bend
- seated bent leg twist
- seated forward bend
- reclined easy twist
- reclined knees to chest
- corpse
- meditation

“Do your practice and all is coming.”
~Sri K Patthabi Jois