

Day 7
Happy Lower Back Flow
Dance of the Jelly Roll

- *A Jelly Roll is either a rolled up sticky mat or firm towel/blanket*

- Cross Legged - Center
- Table

- Downward Facing Dog
 - Heels on Jelly Roll
- High Lunge - right leg forward
 - Lift Hips, stretch front leg straight
 - Low Lunge
- Downward Facing Dog
 - Heels on Jelly Roll
- High Lunge - left leg forward
 - Lift Hips, stretch front leg straight
 - Low Lunge
- Downward Facing Dog

- Plank Pose
 - Lower knees to floor
 - Lower to belly
- Right forearm parallel to top of mat (Half Frog)
 - Bend left leg and reach left hand for outer edge of foot
- Left forearm parallel to top of mat (Half Frog)
 - Bend right leg and reach right hand for outer edge of foot

- Downward Facing Dog - heels on jelly roll
 - Lift the right leg high to sky
- Pigeon Prep
 - Swing Right leg forward
 - Lift the back knee away from the floor - 3 breaths
 - Lower the back knee down to the floor
 - Lower the forearms to the floor
- Downward Facing Dog - heels on jelly roll
 - Lift the left leg high to sky

- Pigeon Prep
 - Swing Right leg forward
 - Lift the back knee away from the floor - 3 breaths
 - Lower the back knee down to the floor
 - Lower the forearms to the floor

- Downward Facing Dog - no jelly roll
 - Walk hands towards feet - forward bend
 - Place jelly roll in front of you
 - Come to standing - Mountain Pose

- Place ball of foot on jelly roll, heels on floor
 - Forward Bend

- Mountain Pose
- Wedge Jelly Roll behind backs of knees
 - Squat
 - Thunderbolt - Tip knees to the floor and sit back on heels, with jelly roll pressing into calves and hamstrings.

- Table
- Downward Facing Dog - Heels on jelly roll
 - Step heels off jelly roll
 - Walk hands back towards feet - Forward Bend
- Mountain Pose

- Take Jelly Roll and wedge it at the tops of thighs and beneath the belly
 - Bend your legs like skier position and squeeze the jelly roll between thighs and belly
 - Forward Bend
- Mountain Pose

- Forward Bend
- Mountain Pose

- Heels on jelly roll, feet parallel

- Skier Pose - bend legs, move inner thighs back, soften between shoulder blades, and draw belly in
- Squat with heels elevated on jelly roll
- Move jelly roll away

- Forward Bend
- Plank
- Downward Facing Dog

- Pigeon Prep
 - Swing right thigh forward
 - Thigh Stretch - bend left leg
- Downward Facing Dog
- Pigeon Prep
 - Swing left thigh forward
 - Thigh Stretch - bend left leg
- Downward Facing Dog

- Child's Pose

- Savasana