Seated postures- 5 breaths each- with a vinyasa (or a lift) between postures:

**VINYASA:**
- Ankles cross, knees in
- Inhale: lift and lean in
- Tilt forward, press down to lift hips
- Exhale: jump or step feet back to lower
- Inhale: Upward Facing Dog
- Exhale: Downward Facing Dog
- Look up, step or jump feet up
- Inhale: come back through to sit

**Seated postures:**

- **Dandasana (staff)**
- **Paschimottanasa A and B** (back stretch X 2)
- **Purvottanasana** (front stretch)
- **Janu Sirsasana A** (head to knee- both sides)
- **Marichyasana C** (side twist- both sides)
- **Navasana** (boat X 3)

- **Supta Kurmasana** (sleeping tortoise)
- **Baddha Konasana** (bound angle)
- **Upavistha Konasana A** (forward bend, feet wide)
- **Upavistha Konasana B** (upward facing)
- **Supta Padangusthasana A B** (lying down big toe posture- both sides)

**Finishing Postures- 5 breaths each, unless stated otherwise**

- **Urdhva Dhanurasna X 3** (or preparation for upside down bow posture)
- **Full posture (X 3)**
- **Paschimottanasana** (easy forward bend)
- **Lie down and preparation**
- **Savangasana** (shoulder stand) (10 breaths)

- **Halasana** (plough)
- **Karnapidasana** (ear press)
- **Matsyasana** (fish)
- **Padmasana X 2** (lotus or easy cross legs) (5 breaths each side)
- **Utpluthih** (lift up!)
- **Savasana** (take rest-5 minutes)