Standing Postures  (5 breaths each)

From Fierce Posture to Warrior I, fold forwards (exhale), look up (inhale), step/jump back and lower (exhale), cobra/upward dog (inhale), down dog (exhale), right leg steps forward into Warrior I

Seated Postures  (5 breaths each) with a Vinyasa movement between postures

Vinyasa: keep breathing as you move through

Finishing Postures  (5 breaths each)