

Surya Namaskaram (Sun Salutation)



Uttanasana w/noodle (Standing Forward Bend)

In and out of pose 3 times with breath. Hold on 3rd time.
Remove noodle, move slowly into the pose, and hold for 3 breaths.



Janusirshasana w/noodle (Head to Knee)

In and out of pose 3 times with breath. Hold on 3rd time.
Remove noodle, move slowly into the pose, and hold for 3 breaths.



Therapeutic Savasana, Cactus Arms w/noodle

Place noodle underneath mid spine, scoot body down to roll noodle until you can feel it touching the bottom edge of the shoulder blade.
Breathe deep in Ujjayi breath (ocean sounding breath)