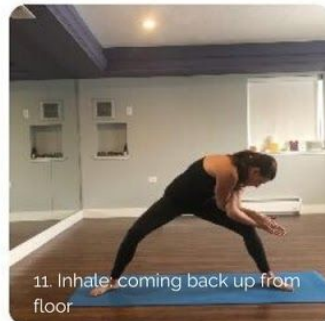


Sun B: flowing Eagle Goddess





17. Inhale: twisted low lunge



18. Exhale: side plank, *Stay through inhale



19. Exhale: hug in knee to nose



20. Inhale: Fallen triangle



21. Exhale: Knee to nose to plank and vinyasa

Complete sequence by coming to high plank and then through a Vinyasa and repeat on the other side.

* This sequence can be used in several different ways depending on the type of class you are teaching. For slower or alignment based classes, teach the sequence one time through slow. For a Vinyasa style class, teach the sequence one time slow and then repeat one to three times..