

## Complete Routine (from CD2 – Red Level 1 – Lesson 2)

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**Breathing Theme:** Feel your body relaxing as you breathe out.

Or: If you are very comfortable with the poses and routine:

Feel your body relaxing as you breathe out, and notice how that increases the stretch.

Do all poses 3 times unless otherwise indicated, holding them until you reach your limit.



1. Complete Breath
2. Meditation  
1 – 3 mins,  
noticing  
your body  
relaxing as  
you  
breathe out



3. Butterfly Extension
4. Simplified Twist



5. Back Bend  
Primer  
alternating  
with...

6. Back Stretch



7. Pelvic Lift



8. Abdominal Breathing  
1 – 3 minutes



10. Relaxation

Any relaxation you enjoy.  
Allow us to especially  
recommend *The Sponge*

11. Leg Fold  
once



12. Rock & Rolls!  
up to 10 rocks



13. Puppy  
once

