



## Sonjé Mayo / Intermediate Mat With Sonjé

Pre Pilates Exercise

The Hundreds

The Roll Up

One Leg Circle

Rolling Like A Ball

Series Of Five

- -Single Leg Stretch
- -Double Leg Stretch
- -Scissors
- -Double Leg Lower & Lift
- -Crisscross

Spine Stretch Forward

Open Leg Rocker

Corkscrew

Saw

Swan One Neck Roll

Swan Dive Prep/ Swan Dive

Single Leg Kick

Double Leg Kick

Neck Pull

Side Kick Series

- -Front/Back
- -Up/Down
- -Small Circles
- -Beats on Belly

Teaser

Seal

Pilates Push Ups