

Sonjé Mayo
October 17th LIVE SESSIONS
REFORMER

Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Short Spine Massage
1	Rowing Series -Shaving -Hug
2 3 2	Long Box Series -Pull Straps & T -Backstroke -Teaser
2	Short Box Series -Round Back -Flat Back -Side to Side -Twist -Tree

2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch -Elephant, Elephant 1 leg
4 3 2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist
2	Tendon Stretch
2	Semi Circle
2	Chest Expansion
4	Running
4	Pelvic Lift
2	Front Splits