



Sonjé Mayo
October 31st LIVE SESSIONS
REFORMER

Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Overhead
1	Rowing Series -Into the Sternum -90 Degrees -From the Chest -From the Hips -Shaving -Hug
2 1 2 1 1 1	Long Box Series -Swan -Pull Straps & T -Backstroke -Teaser -Breaststroke -Horseback
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 -Long Back Stretch
2	Tendon Stretch
2	Short Spine Massage
2	Semi Circle
3	Thigh Stretch
1	Arm Circles
1	Snake & Twist