



Sonjé Mayo
November 7th LIVE SESSIONS
REFORMER

Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Overhead
2	Coordination
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
2	Chest Expansion
3	Thigh Stretch
1	Arm Circles
1	Snake & Twist
2	Corkscrew, Roll Over
2	Feet in Straps -Long Spine Massage -Frogs -Leg Circles
2	Knee Stretch Series



	-Round -Arched -Knees Off
2, gear out	Balance Control Front
2	Balance Control Back
2	Russian Splits

