



Sonjé Mayo

September 11th LIVE SESSIONS (Intermediate Level)

WUNDA CHAIR

Footwork

-Toes

-Arches

-Heels

Frog Facing Front, Hands On Pedal (aka Piano Lesson)

Frog Facing Out, Hands On Pedal

Spine Stretch Forward

-Stretch

-Teaser Stretch, Pumping Arms

Low Frog, aka Frog Press

Kneeling Mermaid

Flying Eagle (aka Supine Press)

Swan

Table

Mountain Climb

Going Up Front

Going Up Side