



Sonjé Mayo

September 18th LIVE SESSIONS (Advanced Level)

WUNDA CHAIR

Pumping Two Arms
Pumping One Arm
Swan Dive
Grasshopper
Reverse Swan Teaser 1
Reverse Swan Teaser 2
Teaser Twist
 -Twist 2
Seated Twist
Seated Mermaid
Horseback
Push Up Bottom (1)
Push Up Top (2)
Tendon Stretch
Pull Up
Pull Up One Arm
Side Pull Up
Side Pull Up Single Leg
Going Up Front (Balance Control)