



Sonjé Mayo
August 20th LIVE SESSIONS
MAT

Pre-Pilates Prep Lie on back, knees bent Breathing Exercise Stabilizing Exercises: -Lift knees, one at a time then both -Arms overhead -Lift head
The Hundred Variations, knees bent, feet down
Roll Up
Single Leg Circles
Single Leg Stretch
Double Leg Stretch
Spine Stretch Forward
Saw
Side Kicks -Front Back -Up Down