



Sonjé Mayo
August 27th LIVE SESSIONS
MAT

Pre-Pilates Prep Lie on back, knees bent Breathing Exercise Stabilizing Exercises: -Lift knees, both then one at a time -Arms overhead -Lift head
The Hundred
Roll Up
Single Leg Circles
Rolling Like A Ball
Single Leg Stretch
Double Leg Stretch
Single Straight Leg Stretch (Scissors)
Double Straight Leg Lower and Lift
Criss Cross
Spine Stretch Forward
Open Leg Rocker Prep



Corkscrew
Saw
Pre-Pilates Extension Prep
Swan with Neck Roll
Single Leg Kick
Shoulder Bridge Prep
Side Kicks -Front Back -Up Down -Circles -Passe
Beats on the Belly
Inner Thigh Lifts and Circles
Teaser 1
Swimming Prep
Leg Pull Front Support
Mermaid Stretch
Seal
Push Up Series