

Basic to Beginner Mat:

Hundred

Roll-up

One Leg Circle

Rolling like a Ball

Abdominal Series:

Single Leg Stretch

Double Leg Stretch

Single straight Leg stretch

Double Leg Lower and Lift

Criss Cross

Spine Stretch forward

Saw

Swan with Neck roll

Rest Position

Shoulder Bridge Prep

Side Kick Series:

Front/Back

Up/Down

Circles

Inner thigh Lifts and Circles

Beats on the Belly

Teaser One leg

Swimming Prep

Leg Pull front support

Seal

Intermediate Add-Ins

Open Leg Rocker Prep

Corkscrew 1

Passe

Teaser 1

Mermaid Stretch

Push-Up Series