



Sonjé Mayo
September 3rd 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
Double Straight Leg Lower and Lift
Criss Cross
Spine Stretch Forward
Open Leg Rocker



Corkscrew 2
Tick Tock
Roll Over
Saw
Swan with Neck Roll
Swan Dive Prep
Single Leg Kick
Double Leg Kick
Rest Position
Neck Pull
Shoulder Bridge
Spine Twist
Side Kicks -Front Back -Up Down -Passe -Circles -Inner Thigh Lifts and Circles -Bicycle
Beats on the Belly



Teaser 1, 2, 3
Can-Can
Swimming
Leg Pull Front
Leg Pull Back
Mermaid Stretch
Seal
Push-Up Series