

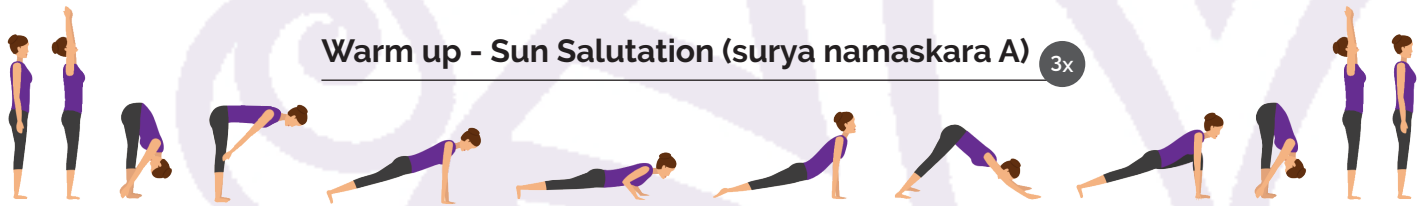
# ROCK CLIMBING YOGI

## Fledgling Flow: Ease & Energy

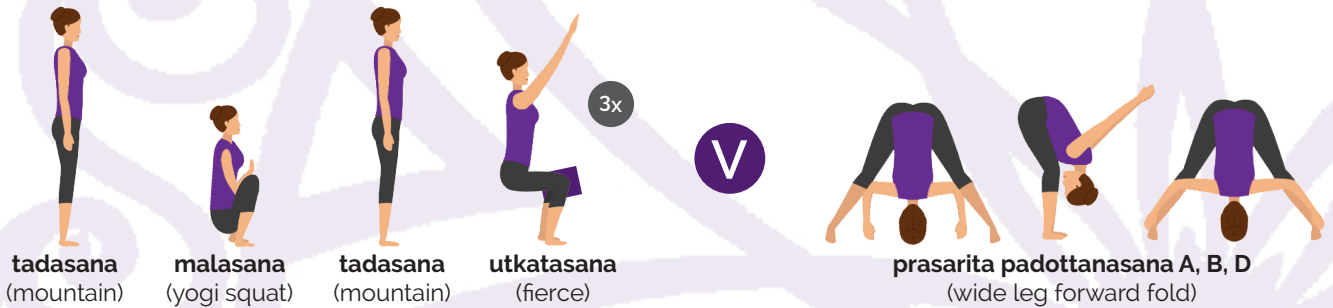
### Warm Up



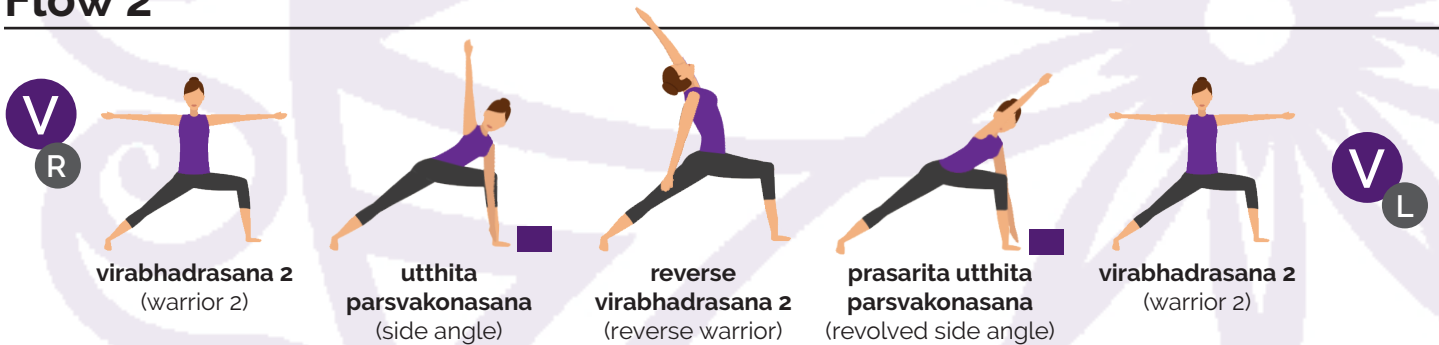
### Warm up - Sun Salutation (surya namaskara A) 3x



### Flow 1



### Flow 2



**Ann Seibert** is a rock climbing yogi, teaching yoga to fellow athletes. Her goal is to help them avoid injury caused by strong tight muscles. For more sequence ideas, visit: [www.rockclimbingyogi.com/blog](http://www.rockclimbingyogi.com/blog)

#### PROPS

- 2 blocks
- strap
- blanket

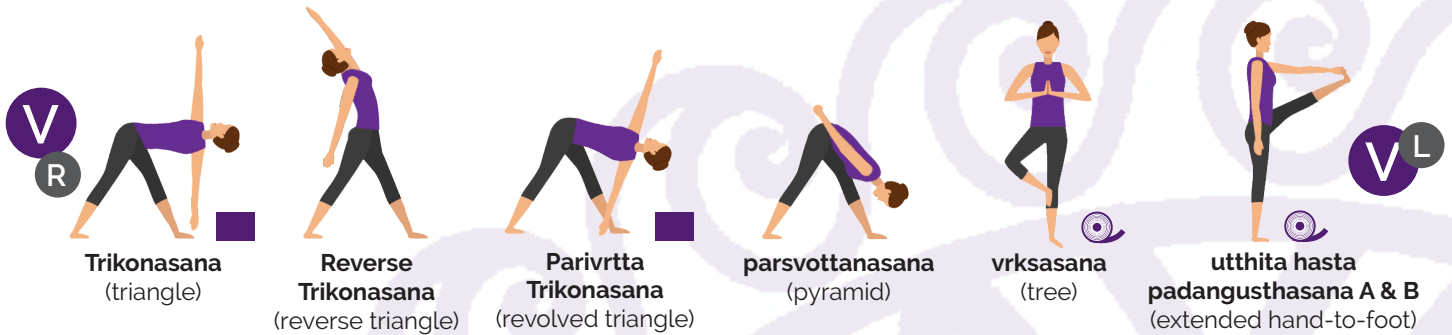
#### LEGEND

- Vinyasa (full)
- Vinyasa (half)
- Left Side
- Right Side



# ROCK CLIMBING YOGI

## Flow 3



## Stretching



## Core & Back Bending



## Finishing

