**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)
Standing Flow 3

1/2 R

Garudasana  Warrior 3  Hand-To-Foot A, B & C  Pyramid  Half Moon  Standing Split

Floor Stretching

dandasana  paschimottanasana  trianga mukhaikapada paschimottanasana  janu sirsasana A  marichyasana A

purvottanasana  supta virasana  kapotasana A or B  rajakapotasana

Core & Back Bending

phalakasana  vasisthasana A & B  navasana  lolasana  salabhasana  ardha dhanurasana

dhanurasana  ustrasana  setu bandha sarvangasana  urdva dhanurasana  supta paschimottanasana  knees to chest  sasakasana

Finishing

balasana  salamba sirsasana prep 1 & 2  salamba sirsasana  halasana  karnapidasana  salamba sarvangasana  savasana

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