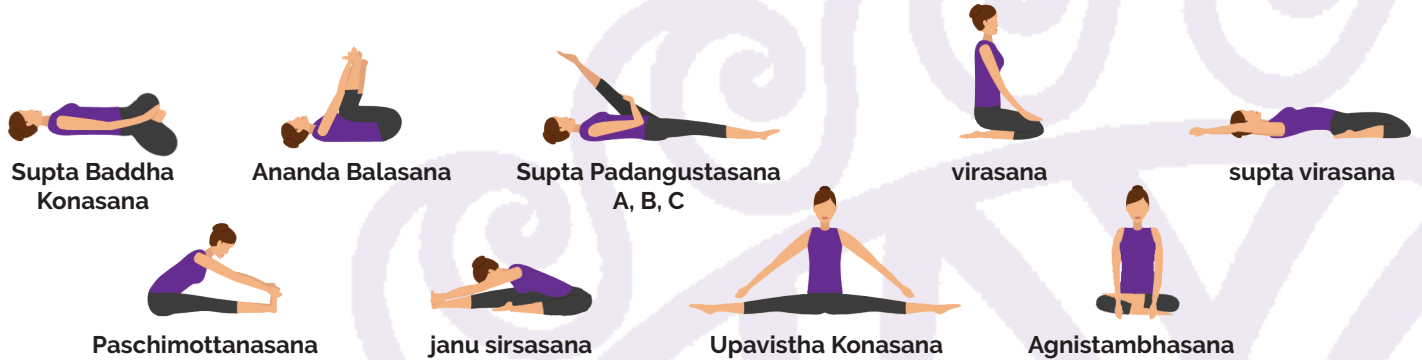


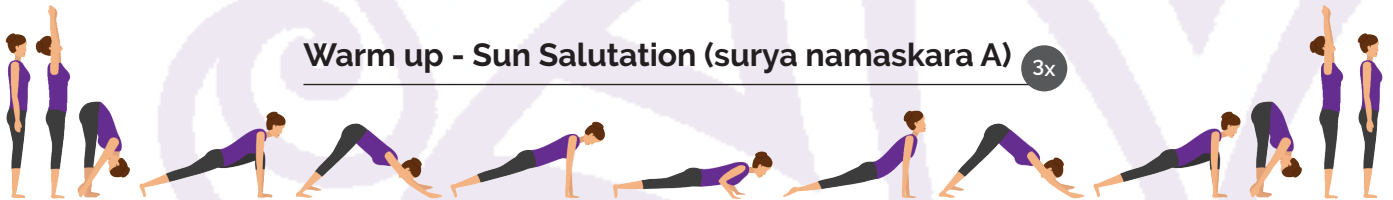
ROCK CLIMBING YOGI

Wednesday Workout—Hanuman-Style

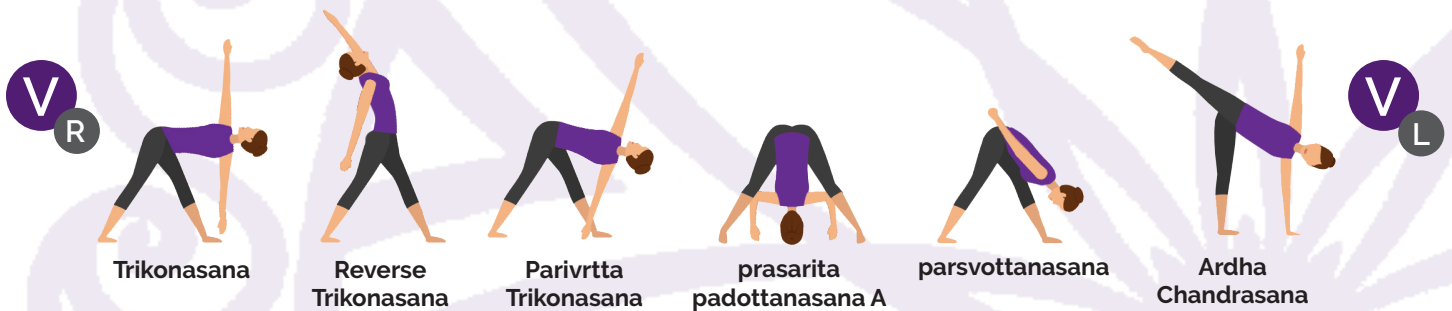
Warm Up



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

PROPS

- 2 blocks
- strap
- blanket

LEGEND

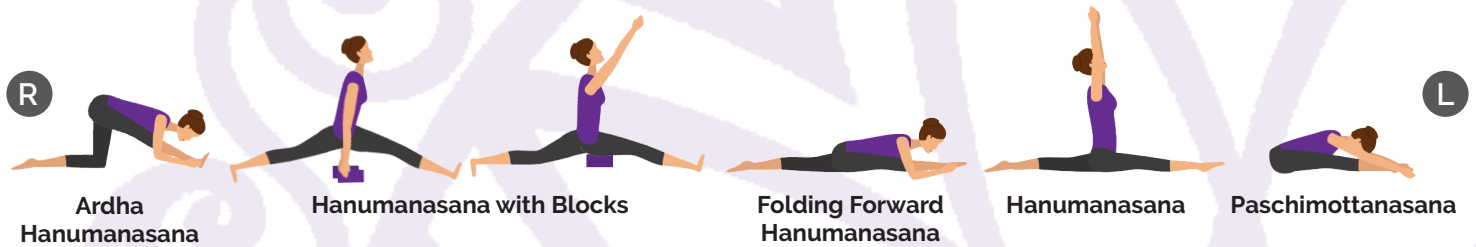
- Vinyasa (full)
- Vinyasa (half)
- L Left Side
- R Right Side

ROCK CLIMBING YOGI

Flow 3



Hanumanasana



Core & Back Bending



Finishing

