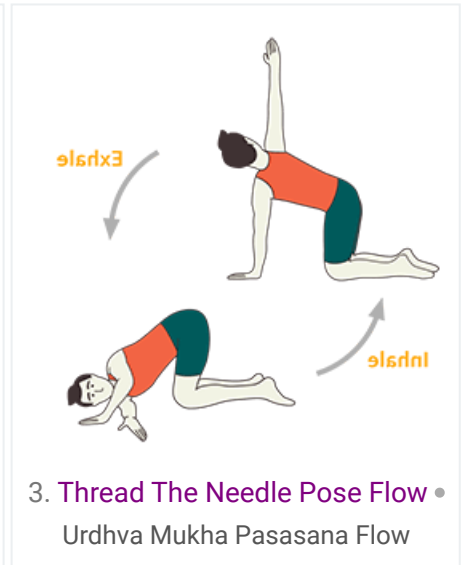
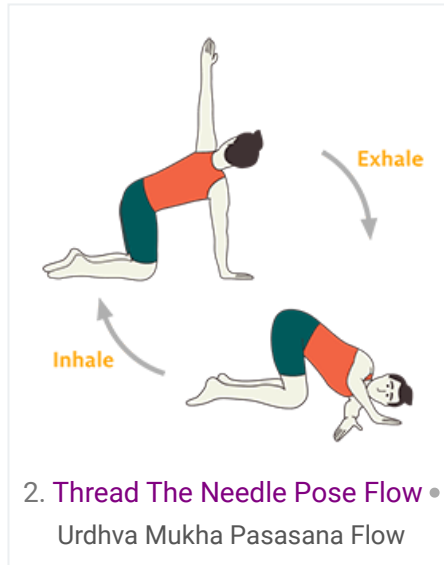
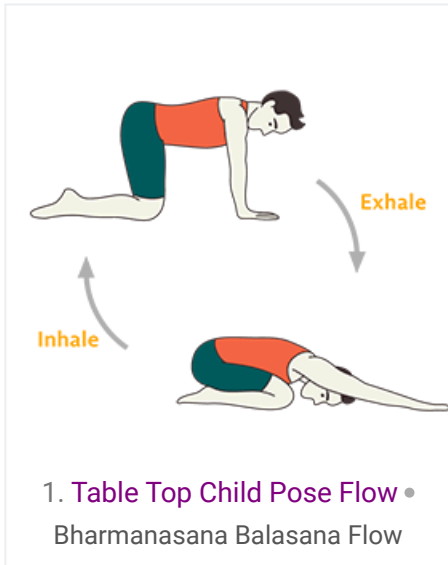


Arrival

repeat each x 5

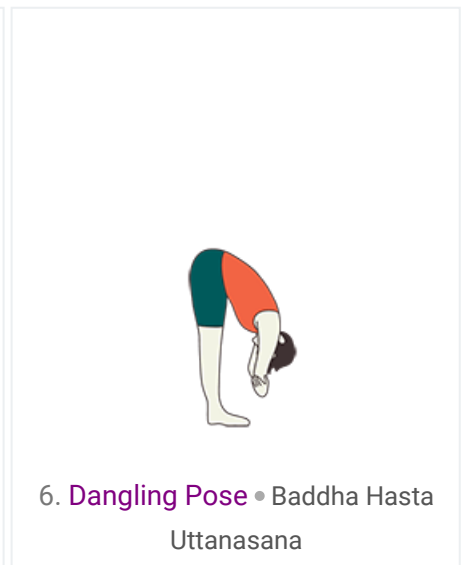
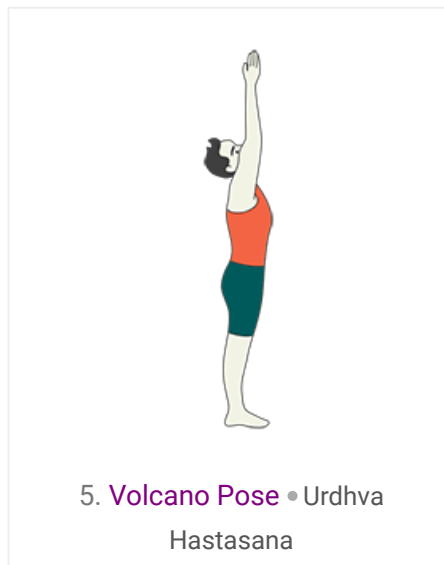
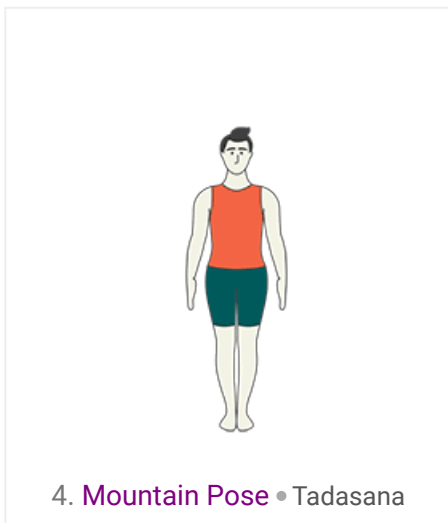
take time to notice the breath

engage "ocean breath" when ready



Standing warmup

Repeat x 5



Peak Flow

The peak flow incorporates transitioning from Warrior 2 to Triangle pose opening up the shoulders and chest with the addition of the archer. Transition from sides is via God/ess pose and cactus arms

Repeat 5 x each side



7. **Warrior Pose II** • Virabhadrasana II



8. **Standing Archer Pose** • Virabhadrasana Archer Arms



9. **Sky Archer Pose**



10. **Extended Triangle Pose** • Utthita Trikonasana



11. **Five Pointed Star Pose** • Utthita Tadasana



12. **Goddess Pose** • Utkata Konasana



13. **Warrior Pose II** •
Virabhadrasana II



14. **Standing Archer Pose** •
Virabhadrasana Archer Arms



15. **Sky Archer Pose**



16. **Extended Triangle Pose** •
Utthita Trikonasana



17. **Five Pointed Star Pose** • Utthita
Tadasana



18. **Goddess Pose** • Utkata
Konasana

Gratitude & Namaste



19. **Mountain Pose Namaste** •
Pranamasana