

1	WARM UP		Warm up entire body					
		15m						
	TIMESTAMP	B	MOVEMENT	S	R	T	Breaths	NOTES
Song	The Rising							
			Diaphragmatic Breathing	1X	10	1 min	10 Breaths	Focus on pushing the belly away from the spine on inhale and pulling belly into spine on exhale. Have participants focus on pulling their shoulders down and away from their ears rather than lifting them with each breath. It may help to coach participants into lifting shoulders up and down with breath and then progressing to belly breathing to help understand proper breathing mechanics.
			Sunflower	1X	6	30 sec	6 breaths	Inhale reach above, exhale reach below.
			Chest Opener	1X	1 min	1 min	10 breaths	Encourage participants to clasp hands behind back or grab the edges of the chair depending on shoulder range of motion.
			L Progressed Neck Stretch	1X	1 min	1 min	10 breaths	
			R Progressed Neck Stretch	1X	1 min	1 min	10 breaths	
			Mixing Pot Lowback Release L to R, R to L	1X	1 min	1 min	10 breaths	If back pain is present, encourage participants to reduce how far they lean into the mixing pot motion.
			Static Low back release	1X	1 min	1 min	10 breaths	
			Repeat shaded section above	1X		5.5 min	56 breaths	
			L Seated Knee Bends	1X	6	30 sec	6 breaths	To offer up a challenge for participants, don't set the foot down between reps. Encourage participants to inhale and extend their leg, exhale and bend at the knee.
			L Seated Static Leg Holds	1X	30 sec	30 sec	6 breaths	Reduce the lever length by bending the knee to reduce pressure on the knee of the leg extended. The height of the foot depends on how the hip feels that day - this can change daily due to inflammation (caused by food, injury, weather...)
			L Static Hamstring Stretch	1X	30 sec	30 sec	6 breaths	
			Repeat shaded Section above on R side	1X		90 sec	18 breaths	

2	STRENGTH & BALANCE		Strengthen all skeletal muscle mass in lower extremities to help stabilize pelvis and femurs.					
		15 m						
	TIME STAMP	B	MOVEMENT	S	R	T	B	NOTES
Song	She will be loved - Dani Faye		Transition to standing			30 sec		
			Squat	1X	1	15 Sec	3 Breaths	
			Squat to L. Reverse Lunge	1X	6	30 sec	5-6 Breaths	
			Extended mountain pose to forward fold	1X	1 min	1 min	10 breaths	This is an opportunity to recover the front of the legs before continuing with the squat pattern.
			Squat to L. Forward Lunge	1X	6	30 sec	5-6 Breaths	
			Extended mountain pose to forward fold	1X	1 min	1 min	10 breaths	
			Controlled L. Seesaw Lunge	1X	6	1 min	10 breaths	
			Extended mountain pose to forward fold	1X	1 min	1 min	10 breaths	
			Repeat Shaded Section on the R. Side	1X		5:15	55 breaths	
			L. Lateral Lunge to standing	1X	6	30 sec	5-6 breaths	
			L. Single Leg Balance	1X	30 sec	30 sec	5-6 breaths	
			L. Lateral Lunge to Single Leg Balance	1X	1 min	1 min	10 breaths	About 5 reps in this time period - this should be slow and controlled. Focus on the lunge portion being the faster part of the movement and holding the balance more intentionally.
			Repeat Shaded Section on the R. side	1X		2 min		

3	RECONDITIONING								
			<i>Revitalize the hips and reduce tension in the low back.</i>						
		15m							
	LANDMARKS	B	MOVEMENT	S	R	T	B	NOTES	
Song	Just Breathe - A Big Enough Sky		<i>Transition to the floor.</i>			1-2 min			
			Both Sides Piriformis Stretch	1X	30 Sec	30 Sec	5 Breaths	Knees leaned together in the center. Have participants play with hand placement to reduce pressure on their wrists and shoulders.	
			Windshield Wipers	1X	30 Sec	30 Sec	5 Breaths		
			L. Piriformis Hold	1X	1	30 Sec	5 Breaths		
			R. Piriformis Hold	1X	1	30 Sec	5 Breaths		
			Butterfly Stretch	1X	1	30 Sec	5 Breaths		
			L. Hamstring Stretch	1X	1	60 Sec	10 Breaths		
			Repeat Shaded Section on the R. Side	1X	2	90 sec	15 breaths		
			Supine Knees to Chest	1X	1	30 Sec	5 Breaths		
			L. T-Spine Stretch with Knees Bent	1X	1	60 Sec	10 Breaths	For those needing to take pressure off of their back or reduce twisting, place the block on the floor for their knees to rest on OR straighten one leg for better balance.	
			Repeat Shaded Section on the R. Side	1X	1	90 sec	15 breaths		
			Final Resting Pose	1X	5 min	5 min			