



- ❖ Please find a comfortable seat. I invite you to close your eyes or soften your gaze.
- ❖ When you take your next breath, be more conscious.
- ❖ Allow your breath to bring you into the present moment, here and now.
- ❖ Breathe through your nose inhaling cool air and nurture yourself.
- ❖ Exhale warm air and expel any tension and negative emotion.
- ❖ Feel your body connecting you to the floor and the earth beneath you.
- ❖ Gently correct your posture, relaxing your shoulders down like ice melting in a hot spring, and feel your neck grow long.
- ❖ Relax your forehead, relax your eyes, relax your jaw, relax your ears, and relax the muscles at the back of your neck.
- ❖ Notice your breath and allow it to bring you into the present moment where you are safe, relaxing, and doing something “pawsitive.”
- ❖ Continue to quiet your mind, letting thoughts go by like leaves floating in a mountain stream.
- ❖ Continue to bring your attention to your breath, disengaging from the past and the future, and enjoy fully the present moment.
- ❖ Begin to cultivate an inner peace, a safe place in your heart filled with love and light.
- ❖ BREATHE! —”Who Let the Dogs Out” or Meowing music starts
- ❖ Please open your eyes! I welcome you to Pawsitive Stretch!

Puppies join the class. Wait until the class has settled a bit, and music is switched back to the yoga soundtrack before beginning.



Please find a comfortable seat. Feel free to follow along or mirror me, whichever is easiest for you.



1. **Easy Pose** • Sukhasana

We will begin by gently stretching our neck. Take your right ear to your right shoulder, using your right hand to help you.



2. **Easy Pose Neck Side Stretch** • Sukhasana Neck Side Stretch

And then left ear to left shoulder, using your left hand to help you.



3. **Easy Pose Neck Side Stretch** •

Place your right forearm beside you and lift your left hand above while taking your gaze to the sky.



4. **Easy Pose Variation Side** • Sukhasana Variation Side

Place your left forearm beside you and lift your right hand above while taking your gaze to the sky.



5. **Easy Pose Variation Side** • Sukhasana Variation Side

Both hands to the sky and forward fold



6. **Easy Pose Variation Arms Up** • Sukhasana Variation Arms Up

Arms stretching long in front of you. Release.



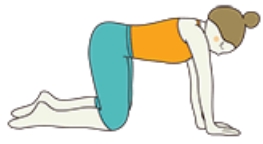
7. **Easy Pose Forward Bend** • Adho Mukha Sukhasana

Place your hands behind you on the mat, sending your heart to the sky. Release.



8. **Lotus Pose Backbend Hands Behind Back** • Yogi Mudra Variation Backbend

And we will move to table top position. Place your hands directly underneath your shoulders, and knees directly under your hips.



9. **Table Top Pose** •
Bharmanasana

We will now follow our breath with Cat and Cow. As you inhale, drop your belly, and take your gaze to the sky for cow. As you exhale, round your spine and tuck your chin for cat. We will do this for 5 breaths. Inhale and exhale. (X5)



10. **Cat Cow Pose** • Bitilasana
Marjaryasana

We will now go into child's pose. Place your toes together and knees wide, melting your heart into the earth and stretching your arms long in front of you.



11. **Wide Child Pose** • Prasarita
Balasana

We're heading into downward facing dog, pushing into your hands, sending your hips to the sky, and heels towards the earth.



12. **Downward Facing Dog Pose** •
Adho Mukha Svanasana

Float your right foot into the sky for 3 legged dog.

Yoga Sequence Builder



12b. **Three Legged Dog Pose**

Send your right foot through between your hands for a runners lunge. Feel free to drop your back leg if you feel like you need more stability.



13. **Runners Lunge Pose** • Utthita
Ashwa Sanchalanasana

If you are feeling strong and balanced, send your hands to the sky.



14. **High Lunge Pose** • Ashta
Chandrasana

Drop your back ankle and T your arms for warrior 2.



15. **Warrior Pose II** •
Virabhadrasana II

Straighten your front leg, forward fold, taking your gaze to the sky for triangle pose.



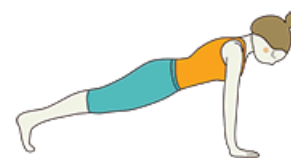
16. **Extended Triangle Pose** •
Utthita Trikonasana

Drop your left hand, have it meet your right on your shin or your ankle for pyramid pose



17. **Pyramid Pose Variation 1** •
Parsvottanasana Variation 1

Plant your hands of both side on your foot, send your right foot back. We are in high plank for 10 seconds.



18. **Plank Pose** • Phalakasana

Now we will repeat everything on the left side of the body. Send those hips to the sky, pushing into your hands for downward facing dog.



19. **Downward Facing Dog Pose** •
Adho Mukha Svanasana

Float your left foot into the sky for 3 legged dog.

Yoga Sequence Builder



19b. **Three Legged Dog Pose**

Send your left foot through between your hands for runners lunge. Again, feel free to drop your back leg here if you would like more stability.



20. **Runners Lunge Pose** • Utthita
Ashwa Sanchalanasana

If you are feeling strong and balanced, send your hands to the sky.



21. **High Lunge Pose** • Ashta
Chandrasana

Drop your back ankle and T your arms for Warrior 2.



22. **Warrior Pose II** •
Virabhadrasana II

Straighten your front leg and forward fold for triangle pose.



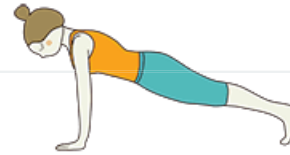
23. **Extended Triangle Pose** • Utthita Trikonasana

Drop your right hand, having it meet your left on your shin or your ankle.



24. **Pyramid Pose Variation 1** • Parsvottanasana Variation 1

Plant your hands on both sides of your foot, sending your left foot back for high plank. We will stay here for another 10 seconds.



25. **Plank Pose** • Phalakasana

Take baby steps and walk up to your hands.

Walk Feet to Hands

26. **Walk Feet To Hands Section**

Roll up slowly, one vertebrae at a time.



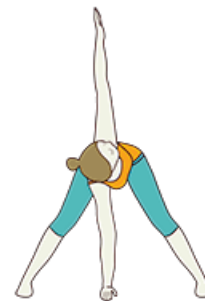
27. **Standing Spinal Roll Up Pose Flow**

Take your feet wide, on the sides of your mat, and hands to the sky. Forward fold.



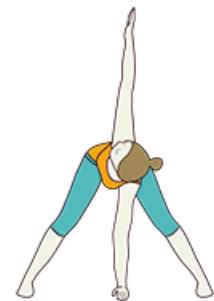
28. **Wide Legged Forward Fold Pose Downward Facing Dog Pose Arms** • Prasarita Padottanasana Adho Mukha Svanasana Hasta

Keep your right hand on your mat, send the left to the sky.



29. **Revolved Wide Legged Forward Bend Pose** • Parivrtta Prasarita Padottanasana

Same twist on the opposite side with your left hand on the mat and sending your right to the sky. Release.



30. **Revolved Wide Legged Forward Bend Pose** • Parivrtta Prasarita Padottanasana

Place both hands on your hips



31. **Half Wide Legged Forward Fold Pose Hands On Hips** • Ardha Prasarita Padottanasana Hands On Hips

Roll up slowly.



32. **Standing Wide Legged Pose Hands On Hips** • Prasarita Tadasana Hands On Hips

Walk your feet in.



33. **Mountain Pose** • Tadasana

Send both of you hands to the sky



34. **Volcano Pose** • Urdhva Hastasana

Forward fold



35. **Standing Forward Fold Pose** • Uttanasana

We're going to go into chair pose. Sink into your hips and send your hands to the sky.



36. **Chair Pose** • Utkatasana

Take your hands to your heart center and rotate right. Feel free to use your left elbow into the outside or your right leg.



37. **Revolved Chair Pose** • Parivrtta Utkatasana

Twist opposite. Release and straighten your legs.



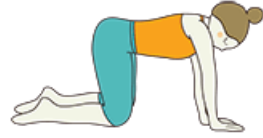
38. **Revolved Chair Pose** •

Take both hands and grab opposite elbows, swaying back and forth, loosening those hamstrings and lower back. This is dangling pose.



39. **Dangling Pose** • Baddha Hasta Uttanasana

Lower down to tabletop



40. **Table Top Pose** • Bharmanasana

Place your right foot between your hands and stretch your left leg long behind you, pushing into your hips. You'll feel a great stretch here.



41. **Crescent Low Lunge Pose Variation Knee On Floor** • Ashwa Sanchalanasana

Drop your front leg, making it kind of like a number 7. This is pigeon pose. Feel free to adjust to what feels good here. If you need a deeper stretch lie down. Release, pushing into your hands and sending your right foot back.



42. **Half Pigeon Pose** • Ardha Kapotasana

We will now repeat on the left side. Place your left foot between your hands and stretch your right leg long behind you.



43. **Crescent Low Lunge Pose Variation Knee On Floor** • Ashwa Sanchalanasana

Drop your front leg for pigeon pose on this left side.



44. **Half Pigeon Pose** • Ardha Kapotasana

Push into your hands, sending your leg back for child's pose. Toes together and knees wide, melting your heart into the earth.



45. **Wide Child Pose** • Prasarita Balasana

Walk your hands to the right side of your mat.



46. **Child Pose Variation Both Arms To Side** • Balasana Variation Both Arms To Side

Walk your hands all the way to the left side of your mat.



47. **Child Pose Variation Both Arms To Side** • Balasana Variation Both Arms To Side

Return to center. Take your right hand and thread it under your left arm that is long in front of you.



48. **Thread The Needle Pose** • Urdhva Mukha Pasasana

Take your left hand and thread it under your right arm. Release.



49. **Thread The Needle Pose** • Urdhva Mukha Pasasana

We will now go into cobra pose, pushing into your hands and sending your hips to the earth.



50. **Cobra Pose** • Bhujangasana

Hips to the sky and heart to the earth for puppy dog pose.



51. **Puppy Dog Pose** • Uttana Shishosana

Walk your hands up to tabletop.



52. **Table Top Pose** • Bharmanasana

Take a seat with your legs long in front of you.



53. **Staff Pose** • Dandasana

Hands to the sky and forward fold reaching towards your toes. Release



54. **Staff Hand To Big Toe Pose** • Padangustha Dandasana

Bring your right foot into your body, keeping your left leg long in front of you. Hands to the sky and forward fold. Release.



55. **Head To Knee Pose** • Janu Sirsasana

We will now bring our left foot into our body and your right leg will be long in front of you. Hands to the sky and forward fold.



56. **Head To Knee Pose** • Janu Sirsasana

Place your left foot over your right leg and we will twist left, sitting up nice and tall, stacking your head over your heart. Release.



57. **Half Lord Of The Fishes Pose Variation Hand Up Leg** • Ardha Matsyendrasana Variation Hand Up Leg

Same pose on the opposite side. Stretch your left leg long in front of you, place your right foot over your left leg, and we're twisting to the right this time. Release.



58. **Half Lord Of The Fishes Pose Variation Hand Up Leg** • Ardha Matsyendrasana Variation Hand Up Leg

Place bottoms of the feet together, holding on to your ankles, and sending your knees towards the earth.



59. **Bound Angle Pose** • Baddha Konasana

Place your left hand on your right knee and twist to the right.



60. **Revolved Bound Angle Pose** • Parivrtta Baddha Konasana

Twist opposite



61. **Revolved Bound Angle Pose** • Parivrtta Baddha Konasana

Clasp your hands behind your back, pulling down and out, sending your heart to the sky



62. **Easy Pose Bound Hands** • Sukhasana Baddha Hasta

Clasp your hands out in front, rounding your spine.



63. **Seated Cat Pose Hands Interlaced** • Upavistha Marjaryasana Hands Interlaced

Let's do each of those poses one more time. Clasp your hands behind your back, pulling down and out.



64. **Easy Pose Bound Hands** • Sukhasana Baddha Hasta

And then again out in front, rounding your spine. Release



65. **Seated Cat Pose Hands Interlaced** • Upavistha Marjaryasana Hands Interlaced

Clasp both hands together and send them to the sky.



66. **Easy Pose Raised Arms Pose** • Sukhasana Uttana Hastasana

Release your hands to your knees and we are going to roll our shoulders back 5 times, and then send them forward 5 times.



67. **Seated Shoulder Rolls**

We are going to lower to our back for bridge pose. Bend your knees, and push into your feet, sending your hips to the sky. Roll those shoulders underneath you. Please be careful here as sometimes the puppy (or kittens) will go underneath you. Release lowering your hips.



68. **Bridge Pose** • Setubandha Sarvangasana

We are going to invert our legs. Send your feet to the sky, keeping your arms beside you and pushing into your hands.



69. **Half Plough Pose** • Ardha Halasana

Hug both legs into your body, roll back and forth, giving yourself a little back massage.



70. **Wind Release Pose** • Pawanmuktasana

Release your left leg long in front of you, keeping your right knee hugged into your body.



71. Half Wind Release Pose •
Ardha Pawan Muktasana

Send your right knee to the left side of your mat, keeping your shoulders on the earth.



72. Supine Spinal Twist Yoga
Pose I • Supta Matsyendrasana I

Release your right leg long in front of you, now hugging your left knee into your body.



73. Half Wind Release Pose •
Ardha Pawan Muktasana

Send your left knee to the right side of your mat.



74. Supine Spinal Twist Yoga
Pose I • Supta Matsyendrasana I

Release into Savasana.



75. Corpse Pose Savasana

- ❖ I invite you to close your eyes and inhale deeply.
- ❖ Exhale slowly.
- ❖ Feel the connection between your body and the earth beneath you.
- ❖ As you exhale, let go of any tension or stress that you might still be feeling.
- ❖ Please take a moment to appreciate yourself for taking the time to nurture your mind, body, and spirit.
- ❖ Let's close our practice with one collective breath. Inhale deeply through your nose and as you exhale, feel the air move through you.
- ❖ Feel the joy that this class has brought you. Open your eyes when you are ready, and I hope you carry with you for the rest of your day

Thank you so much for joining us and our little friends from **(the name of the rescue)**

The rest of the time is for puppy play time and if you would like any posed photos, please let us know and we are happy to help make that happen. If you are interested in fostering, and or adopting please talk with one of the rescue volunteers that has joined us today. Thank you again!

