






### Quick Reference Activity Card: Yoga Flow 1

Students' mats are in a staggered format, short ends facing the teacher.

<p>Begin in mountain pose.</p>	
<p>Inhale. Step back with the right foot and turn the foot to the right. Raise arms up by ear to come into Warrior I.</p>	
<p>Exhale. Fold over the front leg and sweep arms back by sides to come into silver surfer.</p>	
<p>Inhale and exhale. Frame the front foot with the hands.</p>	
<p>Inhale up to Warrior III. Reach both arms forward and extend the back leg back.</p>	
<p>On the next inhale, lower the foot and stand up in mountain pose. Repeat on the other side.</p>	