

The January Five

Hundreds:

- Bring Legs to tabletop position and draw belly button in.
- Round head and shoulders off the mat, arms extended by your side.
- Inhale as you pulse arms up and down 5 times, exhale for 5.
- Keep the work in your abdominals and let your neck relax. Rest your head on the ground if your neck starts to overwork.
- Core strength, breathing warm up.

Leg Circles:

- Lying on your back with feet on the ground. Bring your left leg up to tabletop or bent knee position.
- Inhale and exhale as you make small circles with your leg, keeping hips still.
- Ten times each direction then switch legs.
- Hip stabilization. Hip and hamstring stretch.

Down Dog:

- From hands and knees, lift your hips towards the ceiling to come into and upside down "V".
- Bend your elbows and knees slightly, lengthen your spine, then flatten your hands and drop your heels towards the ground.
- Eventually your arms and legs will be straight.
- Shoulder, hip, ankle and wrist flexibility and strength.

Triangle:

- Stand with your right foot three feet in front of your left, arms extended and legs straight.
- Keeping both sides of your waist long, reach right arm out and rest your hand on your right leg.
- Extend left arm to the ceiling and steer your belly button towards the opposite wall. Hold for one minute then switch sides.
- Hamstring and hip stretch. Balance.

Seated Twist:

- Sit up tall, bend your right knee and draw your right heel in towards you.
- Hug your right leg and twist towards your right knee starting with your lumbar spine, eventually looking over your right shoulder.
- Hold one minute, and then switch sides.
- Spinal twist, hip stretch.