

Yoga Spa - Thai

Kristen McQuillin



1. Music • Sangita



2. Head Massage



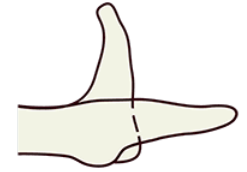
3. Face Massage



4. Constructive Rest



5. Full Body Stretch



6. Flex and Point



7. Crossed Foot Press



8. Left Side



9. Half Wind Release



10. Half Happy Baby



11. Supine Tree



12. Spinal Twist



13. Knee Circles

O.S.

14. Repeat on Right Side



15. Legs Up



16. Plough Variation



17. Windshield Wipers



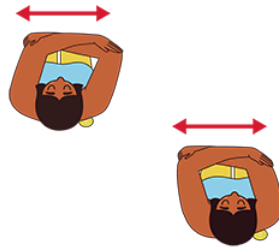
18. Paused Wipers



19. Armpit Massage



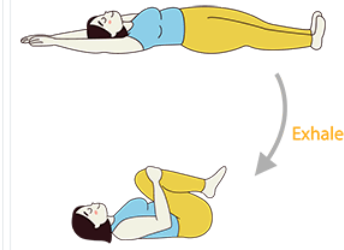
20. Constructive Rest



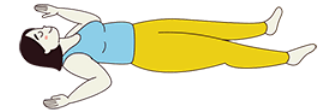
21. Side to Side Shoulder Stretch



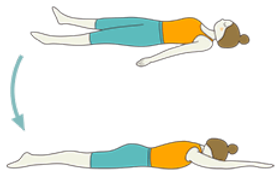
22. Upward Warm Stretch



23. Full Body Stretch



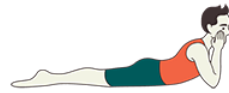
24. Goddess Arms



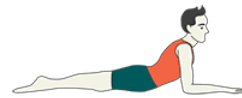
25. Corpse Pose To Reverse Corpse Pose Flow • Savasana Advasana Vinyasa



26. Crocodile



27. Crocodile Pose On Elbows • Makarasana On Elbows



28. Sphinx



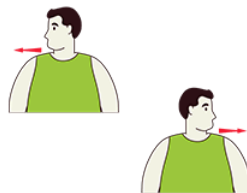
29. Cobra



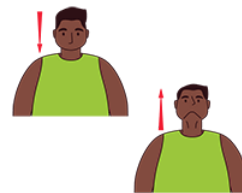
30. Child Pose • Balasana



31. Hand Massage



32. Neck Twist (left-right)



33. Neck Bend (up-down)



34. Foot Massage