













Classplan Description: Warm up and Cool down poses for Camino walking training. Set the intention for today's practice by visualizing each muscle that will be stretched and strengthened to improve the quality and enjoyment of the walk. Buen Camino.

 Extended Child's Pose (<i>Mudhasana</i>)	 Table Top	 Cow (<i>Bitilasana</i>)	 Cat Stretch (<i>Marjari asana</i>)	 Easy (<i>Sukhasana</i>)	 Cow Face (<i>Gomukhasana</i>)	 Fire Log (<i>Agnistambhasana</i>)	 Head-to-Knee Forward Bend (<i>Janu Sirsasana</i>)	 Half Lord of the Fishes (<i>Ardha Matsyendrasana</i>)	 Staff (<i>Dandasana</i>)
 Seated Forward Bend (<i>Paschimottanasana</i>)	 Wide Angle Seated Forward Bend (<i>Upavistha Konasana</i>)	 Tortoise (<i>Koormasana</i>)	 Bound Angle (<i>Baddha Konasana</i>)	 Hero (<i>Virasana</i>)	 Reclining Hero (<i>Supta Virasana</i>)	 Easy (<i>Sukhasana</i>)	 Full Boat (<i>Paripurna Navasana</i>)	 Table Top	 Dolphin
 Downward-Facing Dog (<i>Adho Mukha Svanasana</i>)	 Standing Forward Bend (<i>Uttanasana</i>)	 Mountain (<i>Tadasana</i>)	 Garland (<i>Malasana</i>)	 Mountain (<i>Tadasana</i>)	 Tree (<i>Vrksasana</i>)	 Mountain (<i>Tadasana</i>)	 Downward-Facing Dog (<i>Adho Mukha Svanasana</i>)	 Warrior I (<i>Virabhadrasana I</i>)	 Warrior II (<i>Virabhadrasana II</i>)
 Reverse Warrior (<i>Viparita Virabhadrasana</i>)	 Extended Triangle (<i>Utthita Trikonasana</i>)	 Revolved Triangle (<i>Parivrtta Trikonasana</i>)	 Mountain (<i>Tadasana</i>)	 Downward-Facing Dog (<i>Adho Mukha Svanasana</i>)	 Downward Dog Split	 One Legged King Pigeon II (<i>Eka Pada Rajakapotasana</i>)	 Downward-Facing Dog (<i>Adho Mukha Svanasana</i>)	 Plank (<i>Phalahakasana</i>)	 Four-Limbed Staff (<i>Chaturanga Dandasana</i>)

 <p>Cobra (<i>Bhujangasana</i>)</p>	 <p>Bow (<i>Dhanurasana</i>)</p>	 <p>Extended Child's Pose (<i>Mudhasana</i>)</p>	 <p>Knee Stretch</p>	 <p>Bridge (<i>Setu Bandha Sarvangasana</i>)</p>	 <p>Knees to Chest (<i>Apanasana</i>)</p>	 <p>Ab Twist Bent Knees (<i>Jathara Parivartanasana</i>)</p>	 <p>Hip Roll</p>	 <p>Happy Baby (<i>Ananda Balasana</i>)</p>	 <p>Reclining Bound Angle (<i>Supta Baddha Konasana</i>)</p>
 <p>Corpse (<i>Savasana</i>)</p>									