

mUvmethod

We've got a stretch for that.

# *Weekly Stretch Curriculum*

## *Month 1, Week 1*



Minis: ages 5 - 7  
Juniors: ages 8 - 10  
Pre-Teens/Teens/Seniors: ages 11 - 14+



# MINI'S:

## Month 1: Week 1

### Warm Up

1. 3D Breathing (*4 rounds*)
2. Pelvic Tilts (*8x w/ 8 count hold*)
3. Scapular Push-ups (*modify with the knees down, 8x*)
4. Down Dog Walks (*8x, one round is right and left*)
5. Standing Roll Up (*4x*)
6. Downward Facing Dog (*walk hands forward to Downward Facing Dog*)
7. Table Pose (*from Downward Facing Dog lower both knees to the mat*)

### Stretch Sequence; Begin in Table Pose

1. Low Lunge
  - a. *Transition - Low Lunge*
2. Crescent Moon (*keep the hands on the floor just lower the back knee*)
  - a. *Transition - Low Lunge*
3. Half Splits
  - a. *Transition - Low Lunge*
4. Open Hip Splits
  - a. *Transition - Low Lunge to Table Pose*

\*\*Repeat the sequence on your left side. Upon completion, meet in Easy Seat.

5. Bound Angle Pose

# Juniors:

## Month 1: Week 1

### Warm Up

1. 3D Breathing (*4 rounds*)
2. Pelvic Tilts (*8x w/ 8 count hold*)
3. Scapular Push-ups (*modify with the knees down, 8x*)
4. Down Dog Walks (*8x, one round is right and left*)
5. Standing Roll Up (*4x*)
6. Downward Facing Dog (*walk hands forward to Downward Facing Dog*)
7. Table Pose (*from Downward Facing Dog lower both knees to the mat*)

### Stretch Sequence; Begin in Table Pose

1. Low Lunge
  - a. *Transition - Low Lunge*
2. Crescent Moon
  - a. *Transition - Low Lunge*
3. Half Pigeon
  - a. *Transition - Low Lunge*
4. Half Splits
  - a. *Transition - Low Lunge*
5. Open Hip Splits
  - a. *Transition - Low Lunge to Table Pose*

\*\*Repeat the sequence on your left side. Upon completion, meet in Easy Seat.

6. Bound Angle Pose
  - a. *Transition - Bound Angle Pose*
7. Straddle Pulses

# Pre-Teens/Teens/Seniors

## Month 1: Week 1

### Warm Up

1. 3D Breathing (4 rounds)
2. Pelvic Tilts (8x w/ 8 count hold)
3. Scapular Push-ups (modify with the knees down, 8x)
4. Down Dog Walks (8x, one round is right and left)
5. Standing Roll Up (4x)
6. Downward Facing Dog (walk hands forward to Downward Facing Dog)
7. Table Pose (from Downward Facing Dog lower both knees to the mat)

### Stretch Sequence; Begin in Table Pose

1. Low Lunge
  - a. Transition - Low Lunge
2. Crescent Moon
  - a. Transition - Low Lunge
3. Half Pigeon Prep
  - a. Transition - Low Lunge
4. Half Splits
  - a. Transition - Half Splits
5. Open Hip Split
  - a. Transition - Low Lunge to Table Pose

\*\*Repeat the sequence on your left side. Upon completion, meet in Easy Seat.

6. Bound Angle Pose
  - a. Transition - Low Lunge to Table Pose
7. Straddle Pulses
  - a. Transition - Easy Seat to Table Pose
8. Frog