

Sauna Yoga 30

ORIENTATION	NECK OPENER	SAUNA SALUTATION	SAUNA WARRIOR	SAUNA TWIST	SAUNA CORE	SAUNA YOGI	FINAL RELAXATION
1	4	4	4	4	4	4	1
-	-	-	-	-	-	-	-
2	5	5	5	5	5	5	2
MIN.	MIN.	MIN.	MIN.	MIN.	MIN.	MIN.	MIN.

Sauna Yoga 45

ORIENTATION	NECK OPENER	SAUNA SALUTATION	SAUNA WARRIOR	SAUNA TWIST	SAUNA CORE	SAUNA YOGI	FINAL RELAXATION
2	5	6	4	7	4	7	2
-	-	-	-	-	-	-	-
4	6	7	5	8	5	8	4
MIN.	MIN.	MIN.	MIN.	MIN.	MIN.	MIN.	MIN.

4-6 repeats
to both
sides

1-2 cycles
to both
sides

No changes

Combine
2 rotations
from different
series

No changes

Combine
2 hip openings
from different
series