

# TRANSITION LOVE FLOW

The graphics show a complete cycle, balanced between right and left side. The Transition Love Flow will encourage students to move gently and really use the core. Repeat 2-4 rounds and add progression and/or challenges below.

Teaching level **2**

Right leg lifts/Left leg lifts **R** **L**

Simplest places to add progression **●**

Additional places **●**



Roll to side, put lifted foot behind



Knee to opposite elbow

Roll to side, put lifted foot behind



Knee to opposite elbow

## ADDING ON

ROUND 1

ROUND 2

ROUND 3

ROUND 4