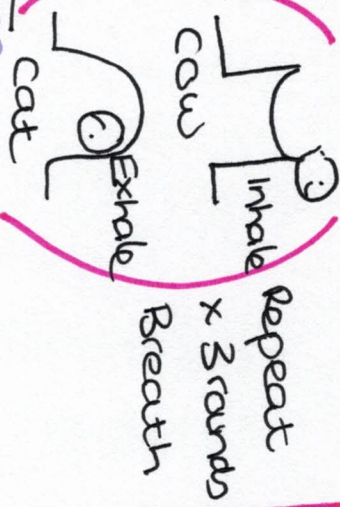
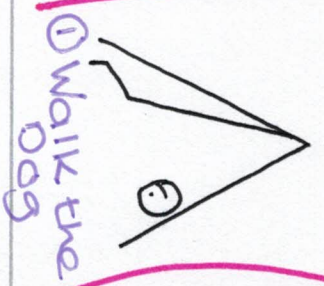


July 2018

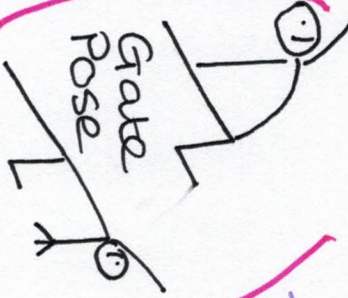
- ① Cross legged
- ② Full Yogic Breath
- ③ 3 rounds on



Repeat x 3 rounds
Breath



① Walk the dog



* Repeat Dog, then gate pose on other leg.

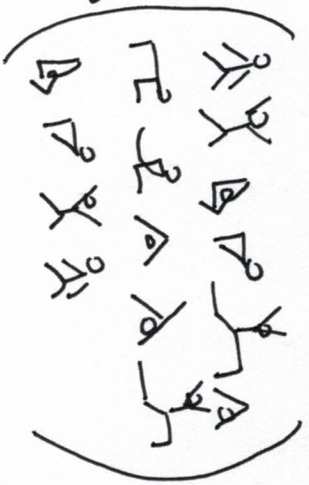


① Dog walk to forward bend. Elbows dropped

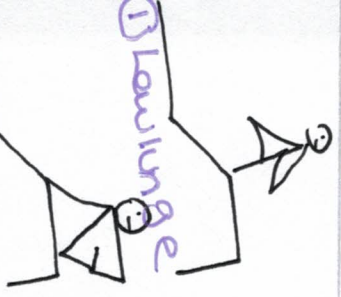


Surya Namaskar A with addition of x2 rounds

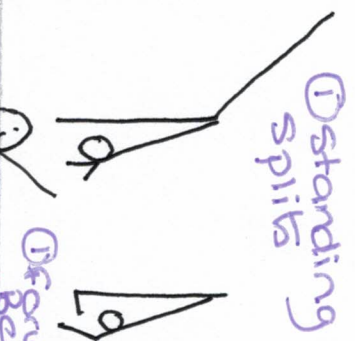
low lunge



- * Repeat whole sequence on other leg
- ① Chair Pose
- ② Reverse Namaste



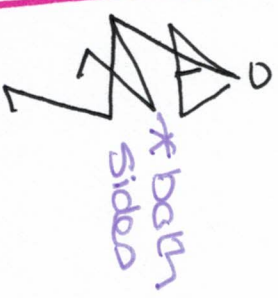
① Low lunge



① Standing splits

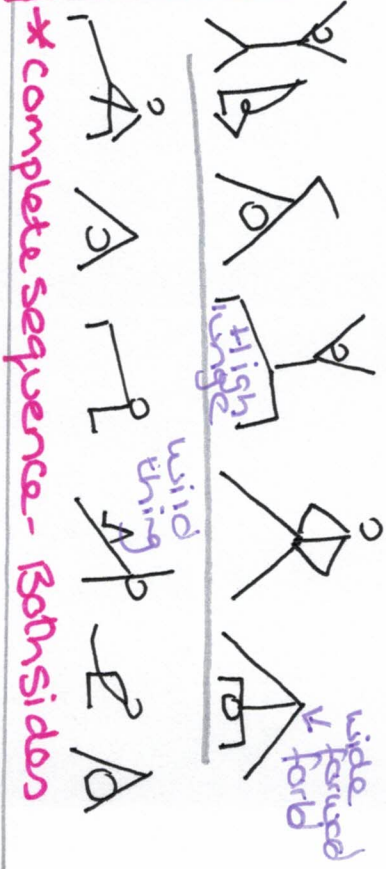


① Forward Bend



* Down sides

① Standing Dhanurasana



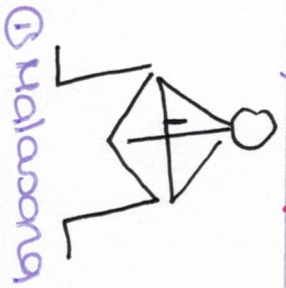
* Complete sequence - Both sides



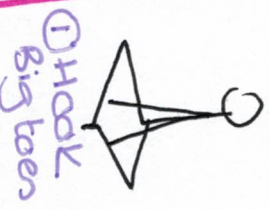
② Add Twist
③ Cat pulling tail each side



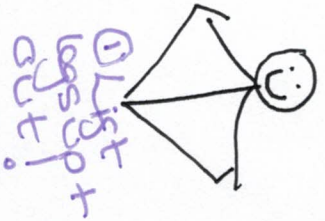
③ Dancer's Pose each side



① Warrior 2



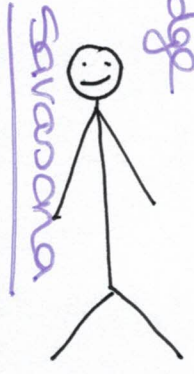
① Hook Big toes



① Lift legs up + cut!



① Bridge



Savasana