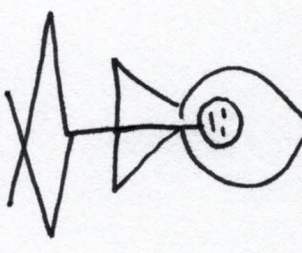
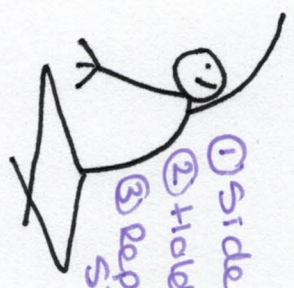


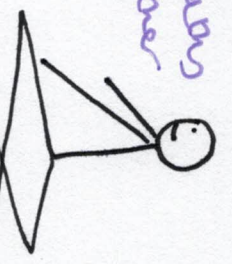
① Cross legged Focus on Breath  
② Focus on Breath  
③ Focus on lower arms



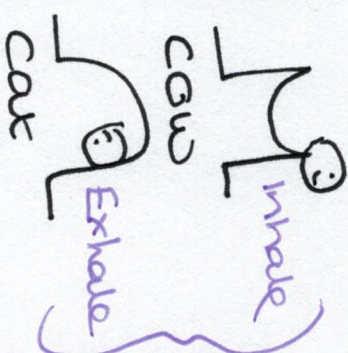
① Great with movement  
② Focus on lower arms



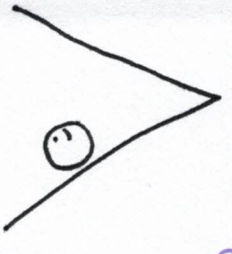
① Side Bend  
② Hold 30 breaths  
③ Repeat on other side



① Seated spinal twist  
② Repeat on other side



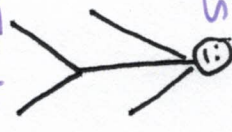
Inhale  
Exhale  
Repeat x3 breaths



① Downward Dog  
② Walk the dog

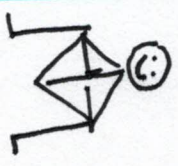


① Gentle forward bend  
② Knees bent, hold elbows



① Tadasana

Surya Namaskar A  
x3 rounds  
(Surya Namaskar A)



Matsanga Garland Pose



① 1/2 tabletop into Boat



② Tabletop



③ Inclined Plank

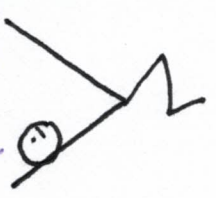
\* Right leg, repeat on left



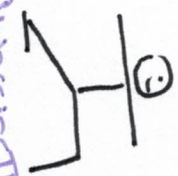
① Forearm plank



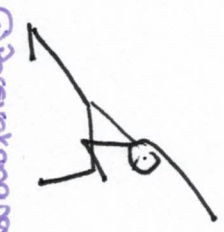
② Dolphin x3



① Tripod Dog x3 Breaths



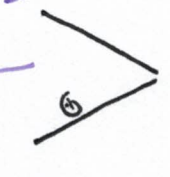
① Warrior II 3-5 Breaths



① Parsvotanarasana 3-5 Breaths



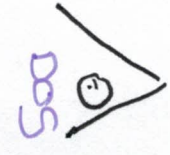
① Trikonasana 3-5 Brs



Down dogs

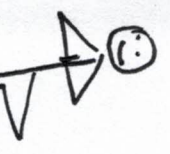


① Locust 3-5 Breaths

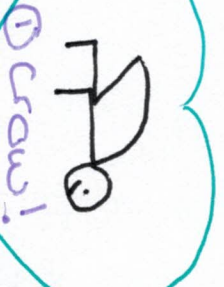


Dog

① Hug knees to chest



① Tree Pose  
② Repeat on other leg



① Crow!



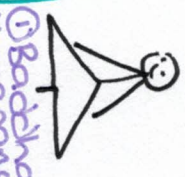
① Lizard lunge



② 1/2 monkey



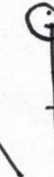
① Pigeon



① Badging Kamabong



① Shoulder Stand



① Savasana