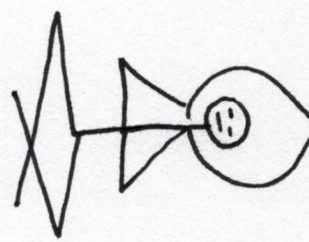
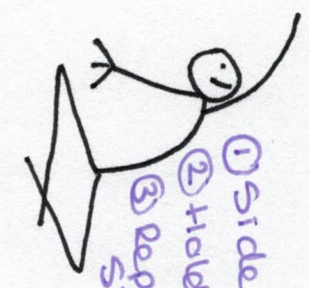


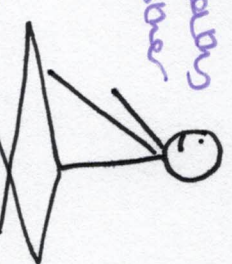
① Cross legged Focus on Breath
② Repeat on other leg



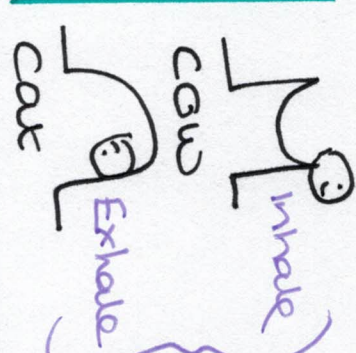
① Gentle forward bend
② Knees bent, hold elbows



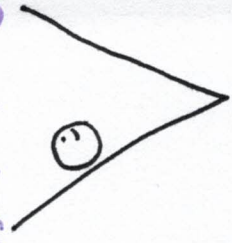
① Side Bend
② Hold 30 seconds
③ Repeat on other side



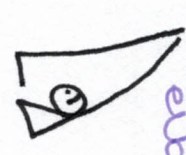
① Seated spinal twist
② Repeat on other side



Inhale
Exhale
Repeat x3 breaths

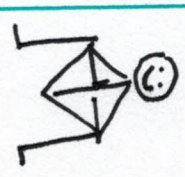


① Downward Dog
② Mark the dog

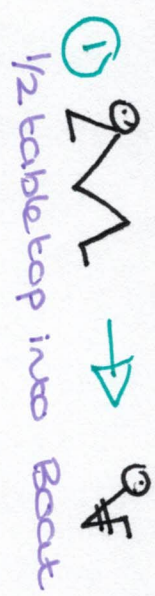


① Tadasana

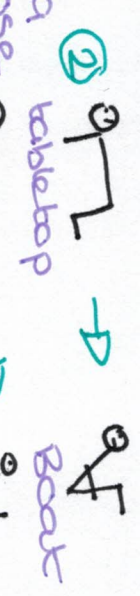
Surya Namaskar A
x3 rounds
(A B C D E F G H I J K L M N O P Q R S T U V W X Y Z)



① Matsanga Garland Pose



① 1/2 tabletop into Boat



② Boat



③ Inclined Plank

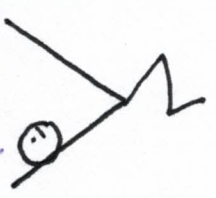
* Right leg, repeat on left



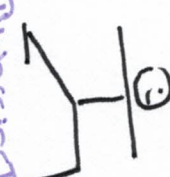
① Forearm plank



② Dolphin x3



① Tripod Dog x3 Breaths



① Warrior II 3-5 Breaths



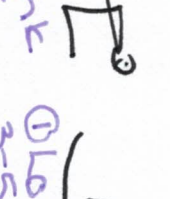
① Parasutkarnasana 3-5 Breaths



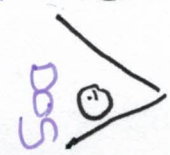
① Trikonasana 3-5 Brs



① Downward dog chaturanga

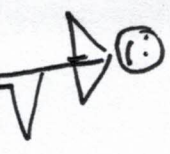


① Locust 3-5 Breaths



① Dog

① Hug knees to chest



① Tree Pose
② Repeat on other leg



① Crawl!



① Lizard lunge



② 1/2 monkey



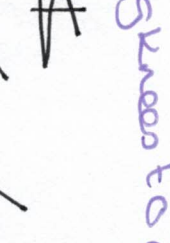
① Pigeon



① Badging Kamabong



① Shoulder stand



① Savasana