

# Parkinsons

Shivani Thakur



1. Mountain Pose



2. Mountain Pose Chin To Chest



3. Mountain Pose Head Back



4. Volcano Pose



5. Mountain Pose Palms Backwards Hand Raising Pose Flow



6. Neck Side Stretch Pose Close Up



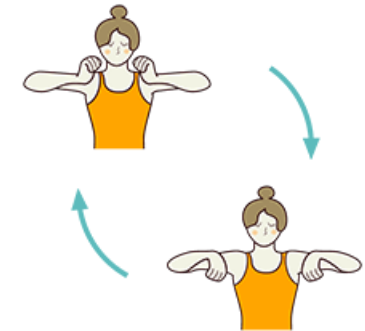
7. Shoulders Lift And Drop Close Up



8. Hand Clenches Chair



9. Wrist Extension Stretch Fingers Down Close Up



10. Wrist Joint Flexing Variation



11. Ankle Crank On Chair



12. Ankle Crank On Chair



13. Chair Seated Twists



14. Chair Seated Twists



15. Easy Pose Chair One Leg Opposite Arm Raised



16. Easy Pose Chair One Leg Opposite Arm Raised



17. Knee Head Down Chair



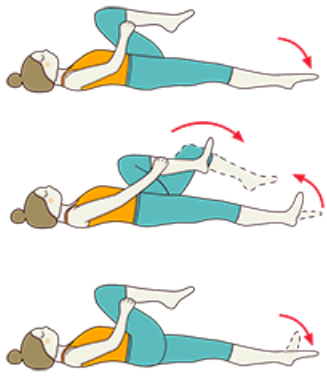
18. Knee Head Down Chair



19. Bear Hug Stretch Pose Close Up



20. Full Body Stretch Pose



21. Half Wind Release Pose Foot Flow



22. Wind Release Pose



23. Three Part Breath Corpse Pose



24. Anulom Vilom Pranayama

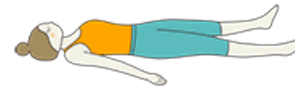


25. Three Part Breath Close Up



26. Sitali

# Meditation



28. Corpse Pose

27. Meditation