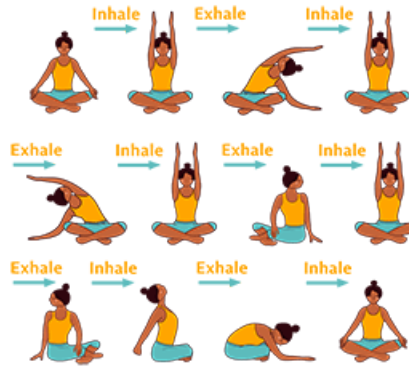




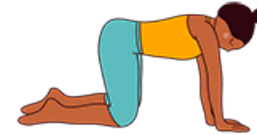
1. Staff Pose



2. Seated Shoulder Rolls



3. Easy Pose Warm Up Flow



4. Table Top Pose



5. Thread The Needle Pose Flow



6. Thread The Needle Pose Flow



7. Low Lunge Pose Hands On Lower Back



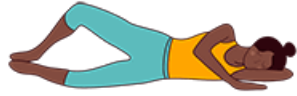
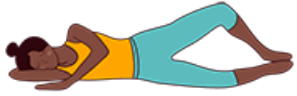
8. Low Lunge Pose Hands On Lower Back



9. Cat Cow Pose

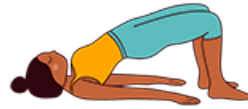
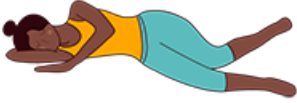


10. Balancing Table Pose With Knee To Nose Flow



11. Clam Shell Pose Flow

12. Clam Shell Pose Flow



13. Bridge Pose



14. Table Top Pose



15. Low Lunge Pose Hands On Lower Back



16. Low Lunge Pose Hands On Lower Back



17. Mountain Pose



18. Upward Forward Fold Hands On Shins



19. Palm Tree Pose



20. Palm Tree Pose Side Bend



21. Palm Tree Pose Side Bend



22. Warrior Pose I



23. Warrior Pose II



24. Five Pointed Star Pose



25. Triangle Pose



26. Mountain Pose

R.O.S.



28. Alternate Nostril Breathing



29. Bumble Bee Breath

27. R Repeat Other Side