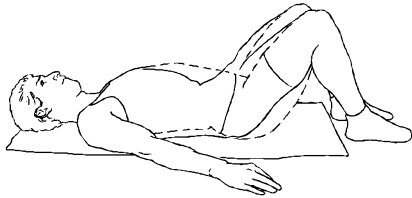
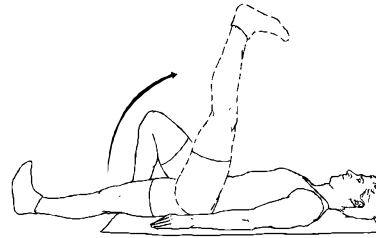


BEGINNER - 3 Pelvic Tilt



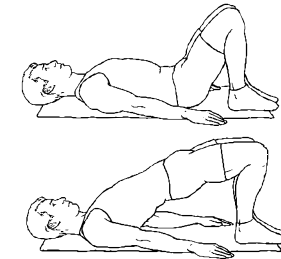
Lie on back, legs bent. Exhale, tilting top of pelvis back, pubic bone up, to flatten lower back. Inhale, rolling pelvis opposite way, top forward, pubic bone down, arch in back. Repeat 10 times. Do 2 sessions per day.

BEGINNER - 7 Single Leg Raise



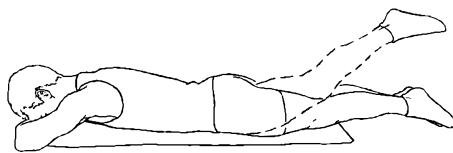
Lie on back, one leg bent, other leg straight on mat. Inhale, raising straight leg toward ceiling. Keep hips on mat. Exhale, lowering leg to mat. Repeat 5-10 times. Repeat with other leg. Do 2 sessions per day.

BEGINNER - 28 Bridge



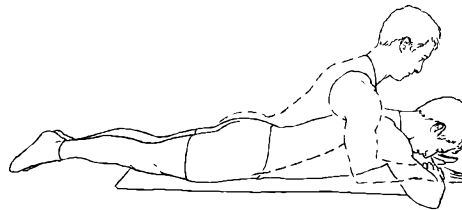
Lie back, legs bent. Inhale, pressing hips up. Keeping ribs in, lengthen lower back. Exhale, rolling down along spine from top. Repeat 10 times. Do _____ sessions per day.

BEGINNER - 21 Prone Single Leg Raise



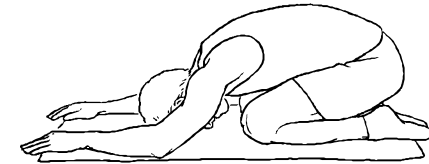
Lie on stomach, forehead on hands. Exhale, raising one leg, front of hip on the mat. Inhale, lowering leg. Repeat 20 times, alternating legs. Do 1 sessions per day.

BEGINNER - 22 Swan Prep



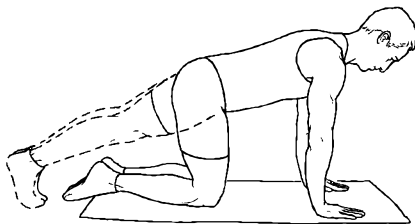
Lie on stomach, chin on hands. Inhale, raising upper torso with back extensors, hips flat. Pivot on hands to bring forearms parallel. Exhale, slowly lowering torso and pivoting arms open. Keep shoulders down and neck in line with spine. Repeat 10 times. Do _____ sessions per day.

BEGINNER - 23 Shell



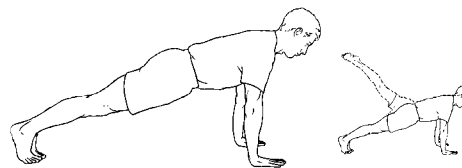
Prone, push torso back, folding over legs. Push hips toward heels, allowing head and arms to settle toward mat. Relax, breathing deeply into back for 3 full breaths. Repeat 10 times. Do _____ sessions per day.

BEGINNER - 37 Front Arm Support



On hands and knees, extend right then left leg to push-up position. Keep body in straight line. Hold 10-30 seconds. Repeat 2-3 times. Do _____ sessions per day.

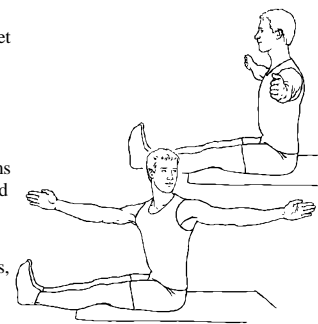
YOGA - 61 Plank



Support body on hands and feet. Keep hips in line with torso and arms straight under chest. Avoid locking elbows. Hold for 5 breaths. Repeat with other leg. *ADVANCED: Extend one leg up.*

INTERMEDIATE - 27 Twist

Sit up straight, legs pressed together, feet flexed. Reach arms out to sides, palms forward. Exhale, twisting twice to one side. Inhale, returning. Keep arms straight, legs pressed together.



Repeat 5-10 times, alternating sides. Do _____ sessions per day.
