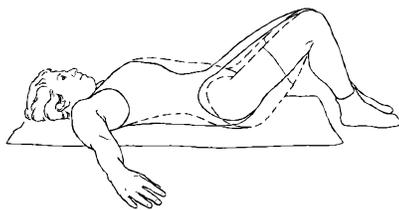
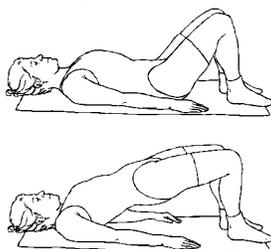


BEGINNER - 3 Pelvic Tilt



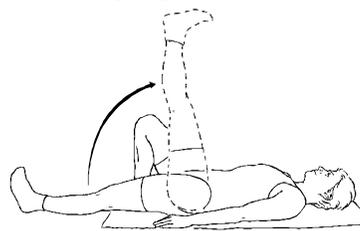
Lie on back, legs bent. Exhale, tilting top of pelvis back, pubic bone up, to flatten lower back. Inhale, rolling pelvis opposite way, top forward, pubic bone down, arch in back. Repeat 10 times. Do 2 sessions per day.

BEGINNER - 28 Bridge



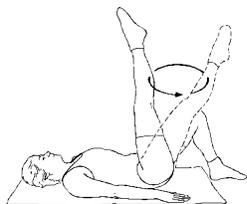
Lie back, legs bent. Inhale, pressing hips up. Keeping ribs in, lengthen lower back. Exhale, rolling down along spine from top. Repeat 10 times. Do 2 sessions per day.

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 8 times. Repeat with other leg. Do 2 sessions per day.

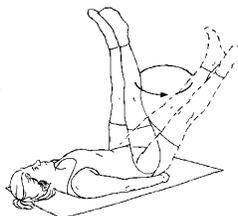
BEGINNER - 8 Single Leg Circle



Lie on back, one leg bent, other leg straight up. Inhale, circling leg across body, and exhale while circling down and around to beginning. Maintain still pelvis; avoid rocking. Keep circle small. Repeat 5 times clockwise, then counterclockwise. Repeat with other leg. Do 2 sessions per day.

BEGINNER - 18 Corkscrew

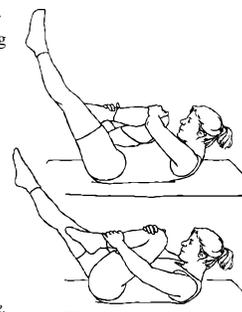
Lie on back, legs straight up, slightly turned out, heels touching, hands under lower hips. Inhale, reaching legs out to one side. Exhale, circling with legs. Maintain legs above 45°. Avoid arching spine off mat.



Repeat 5 times, alternating direction. Do 2 sessions per day.

BEGINNER - 10 Single Leg Stretch

Lie on back, opposite hand holding knee to chest, other hand on same shin, other leg at 45°. Exhale, curling up head and upper torso. Holding curl, inhale and change leg and hand positions. Exhale, changing back.



Repeat 10 changes with single breaths. Repeat _____ changes in double time: 2 per inhale, 2 per exhale.

NOTE: Keep navel to spine, back flat.

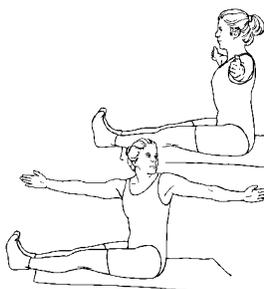
BEGINNER - 9 Rolling



Sit with knees to chest, holding ankles. Lift feet off mat and round spine. Inhale, rolling back to shoulders. Exhale, rolling back to seat. Repeat 10 times. Do 1 sessions per day. NOTE: Avoid rolling onto neck or head.

BEGINNER - 20 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.



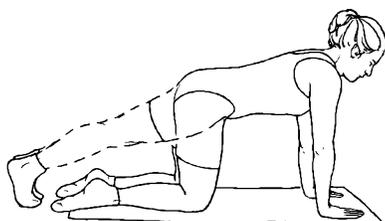
Repeat 6 times, alternating sides. Do 2 sessions per day.

BEGINNER - 9 Rolling



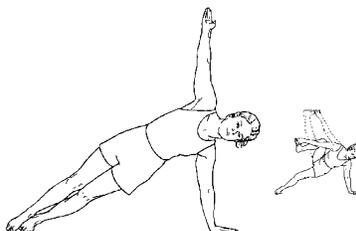
Sit with knees to chest, holding ankles. Lift feet off mat and round spine. Inhale, rolling back to shoulders. Exhale, rolling back to seat. Repeat 10 times. Do 1 sessions per day. NOTE: Avoid rolling onto neck or head.

BEGINNER - 37 Front Arm Support



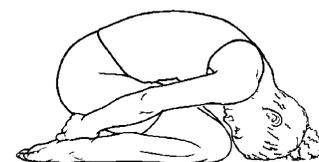
On hands and knees, extend right then left leg to push-up position. Keep body in straight line. Hold 30 seconds. Repeat 2 times. Do _____ sessions per day.

YOGA - 62 Side Plank



From side, press up on one arm and side of foot. Extend other arm up. Hold for 5 breaths. Repeat on other side. ADVANCED: Grasp big toe of top leg, extend leg up.

YOGA - 98 Rabbit Pose



Sitting on knees, hold onto heels and round torso, head to floor. Hold 10 breaths.