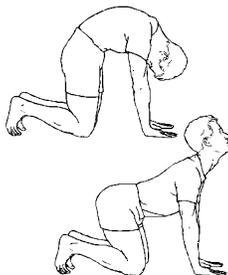


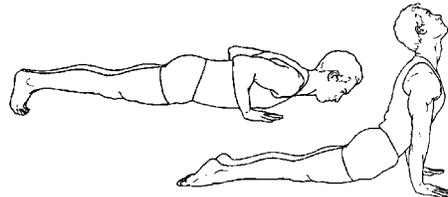
YOGA - 24 Cat Back

On hands and knees, exhale and round back up. Inhale and arch back down.



Hold for 3 breaths.

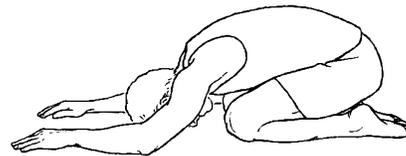
YOGA - 33 Up Dog



From lowered push-up position, inhale and press body forward and up in back arch. Roll to top of feet and lift thighs off floor. Squeeze buttocks to protect lower back.

Hold for 5 breaths.

YOGA - 64 Child Pose



Sitting on knees, fold body over legs and relax head and arms on floor.

Hold for 3 breaths.

YOGA - 79 Seated Spiral Stretch

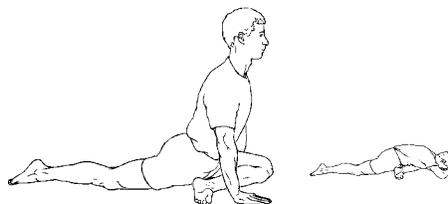
Sit with straight back, crossing left leg over bent right leg. Hold left knee with right hand and spiral to left. Support position with left hand on floor.



Hold for 5 breaths. Repeat on other side.

*ADVANCED: Grasp heel of right foot.*

YOGA - 90 Pigeon Pose

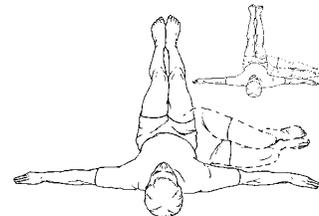


From hands and knees, slide right leg back and turn bent left leg out slightly to side. Resting weight on outside of left leg, push up torso with arms.

Hold for 3 breaths. Repeat on other side.

*VARIATION: Allow body to rest over front leg.*

YOGA - 73 Lying Hip Twist



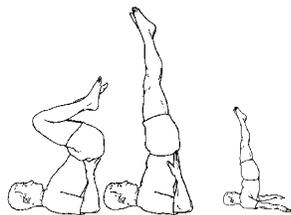
Lie on back, legs in air, bent 90°, arms out to sides, palms flat. Slowly lower legs toward side, upper torso flat.

Hold for 2 breaths. Repeat on other side.

5x

*ADVANCED: Keep legs straight.*

YOGA - 68 Shoulder Stand

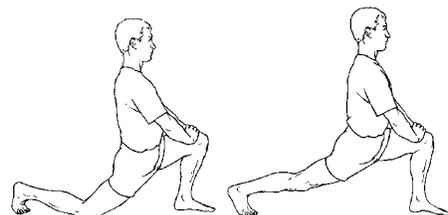


From Shoulder Stand Prep, straighten legs upward and walk hands up back, bringing hips in line with shoulders.

Hold for 10 breaths.

*ADVANCED: Reach arms out on floor, palms down, or clasp hands behind back.*

YOGA - 96 Lunge Stretch



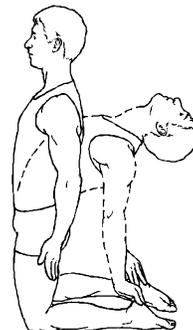
Step into deep forward lunge, hands on thigh, knee lightly touching floor. Push back leg straight. Do not allow front knee past line of toes.

Hold for 5 breaths. Repeat on other side.

*ADVANCED: Arms reaching up, arch back slightly.*

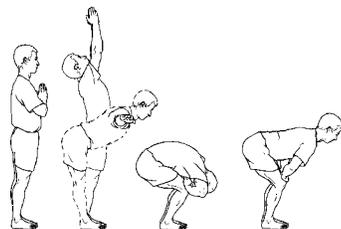
YOGA - 17 Camel

On knees, legs hip distance apart, hands on buttocks. Arch torso back, keeping hips in line with thighs. Squeeze buttocks to protect lower back. For greater stretch, place hands on heels.



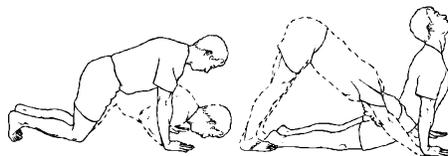
Hold for 5 breaths.

YOGA - 100 Sun Salutation (Modified) (1 of 3)



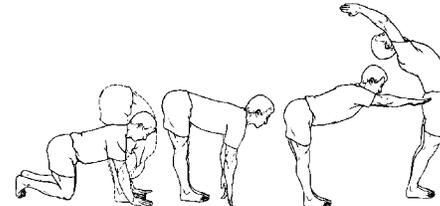
Stand with feet together, palms together at chest. Inhale, reaching arms up. Exhale, opening arms to sides, bend forward from hips. At 90°, bend knees, hands on thighs, rounding torso over legs to finish exhale. Inhale, reaching torso out parallel to floor, and look forward.

YOGA - 100 Sun Salutation (Modified) (2 of 3)



Exhale, place hands on floor next to feet and step back, right then left, to hands and knees position. Inhale and hold, then exhale, bending arms close to sides, lowering chest one inch from floor. Inhale, pulling body forward to flatten front of hips on floor, raise torso in supported arch. Exhale, lifting hips and torso into inverted V (Down Dog) and press heels toward floor.

YOGA - 102 Astanga Sun Salutation (3 of 3)



From Down Dog, inhale, bending knees, looking between hands. Hold breath and hop feet forward to hands. Exhale, bending forward over straight legs. Inhale, reaching back out long, fingers touching floor in front of toes. Exhale into full forward bend. Inhale, reaching back and arms out to stand, arms over head. Exhale and return to start.