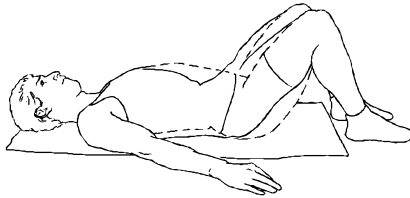
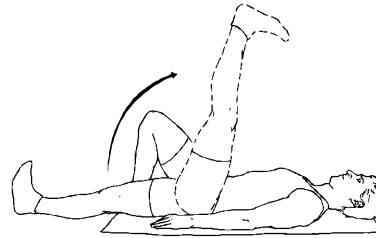


BEGINNER - 3 Pelvic Tilt



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.

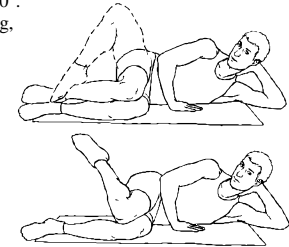
BEGINNER - 7 Single Leg Raise



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.

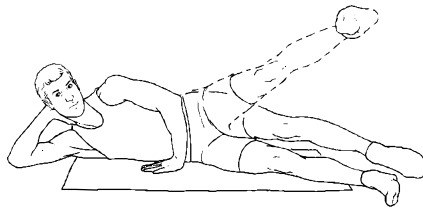
BEGINNER - 35 Clam

Lie on side, legs bent 90°. Open top knee to ceiling, rotating leg outward. Touch toes to ankle of bottom leg. Close knees, rotating leg inward. Maintain hip position.



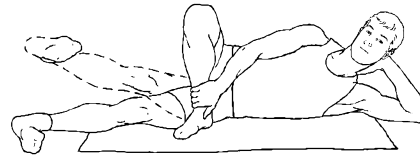
Repeat 5-10 times. Repeat on other side. Do 2 sessions per day.

BEGINNER - 30 Side Leg Lift



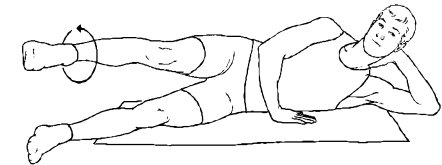
Lie on side, back straight along edge of mat, legs 30° in front of torso. Flexing foot, lift top leg to 45° without hiking hip. Lower leg, foot pointed. Repeat 5-10 times. Repeat on other side. Do 2 sessions per day.

BEGINNER - 32 Inside Leg Lift



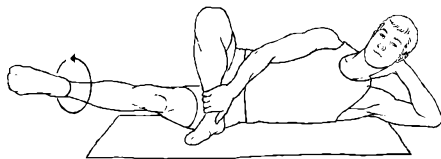
Lie on side, back straight along edge of mat, legs 30° in front of torso. Bend top leg, foot in front of lower thigh. May hold ankle to maintain position. Lift bottom leg, foot flexed. Repeat 5-10 times. Repeat on other side. Do 2 sessions per day.

BEGINNER - 31 Side Leg Circle



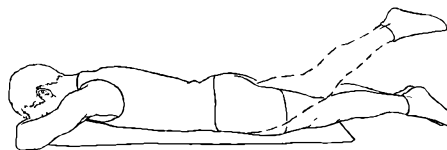
Lie on side, back straight along edge of mat, legs 30° in front of torso. Lift top leg to hip height. Rotate in small circle, 5-10 times in each direction. Repeat 2 times. Repeat on other side. Do 2 sessions per day.

BEGINNER - 33 Inside Leg Circle



Lie on side, back straight along edge of mat, legs 30° in front of torso. Bend top leg, foot in front of lower thigh. May hold ankle to maintain position. Lift bottom leg, foot pointed. Rotate in small circle, 5-10 times in each direction. Repeat 2 times. Repeat on other side. Do 2 sessions per day.

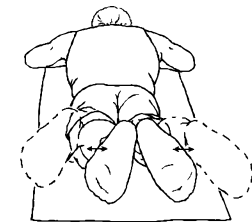
BEGINNER - 21 Prone Single Leg Raise



Lie on stomach, forehead on hands. Exhale, raising one leg, front of hip on the mat. Inhale, lowering leg. Repeat 10-25 times, alternating legs. Do 2 sessions per day.

INTERMEDIATE - 19 Prone Leg Beats

Lie on stomach, forehead on hands. Exhale, raising legs, slightly turned out. Inhale, beating heels together for        small beats. Exhale, lowering legs.



Repeat        times. Do        sessions per day.