

1
Shoulder Stretches



2-1
Hip Stretches and Leg Stretch



2-2
Child's Pose



3
Table Top



4
Low Lunge Position



5
Mountain Pose



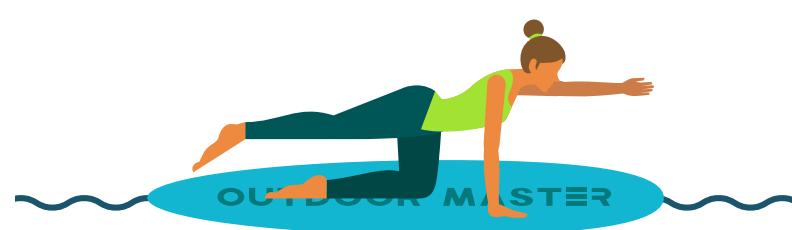
6
Mountain Pose



7
Modified Downward Dog



8
Leg Extension



9
Squat Pose



10
Bridge Pose



11
Seated Forward Fold



12
Spine Twist Position



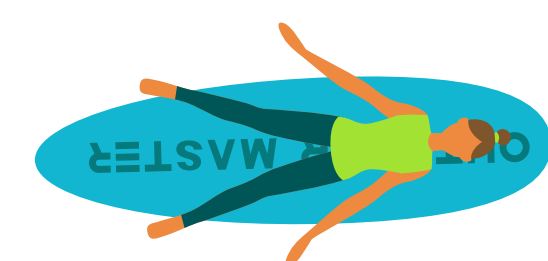
13
Cobra Pose



14
Side Stretches



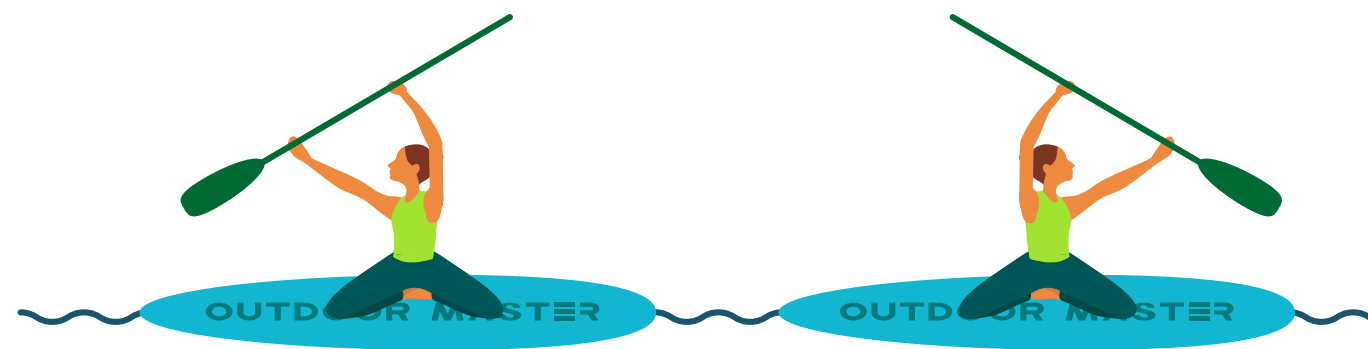
15
Savasana



1
Warm up - Shoulder Stretches



2
Warm up - Shoulder Stretches

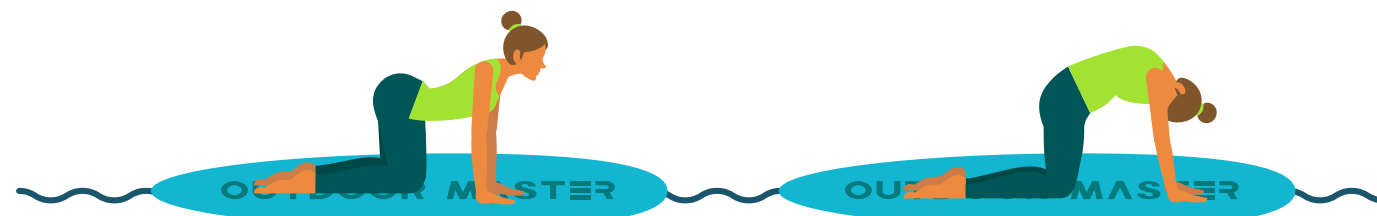


(Do on both sides)

3
Child's Pose



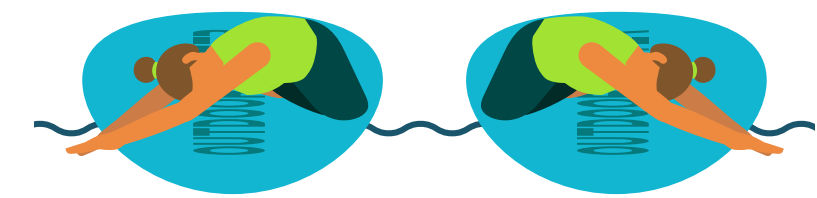
4
Table Top Position - Cat/Cow Flow



(Inhale)

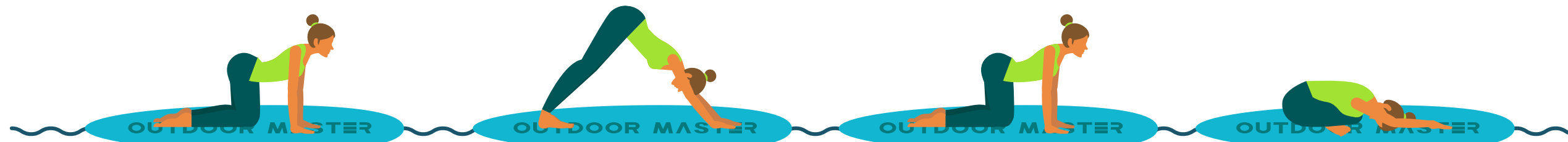
(Exhale)

5
Child's Pose 2

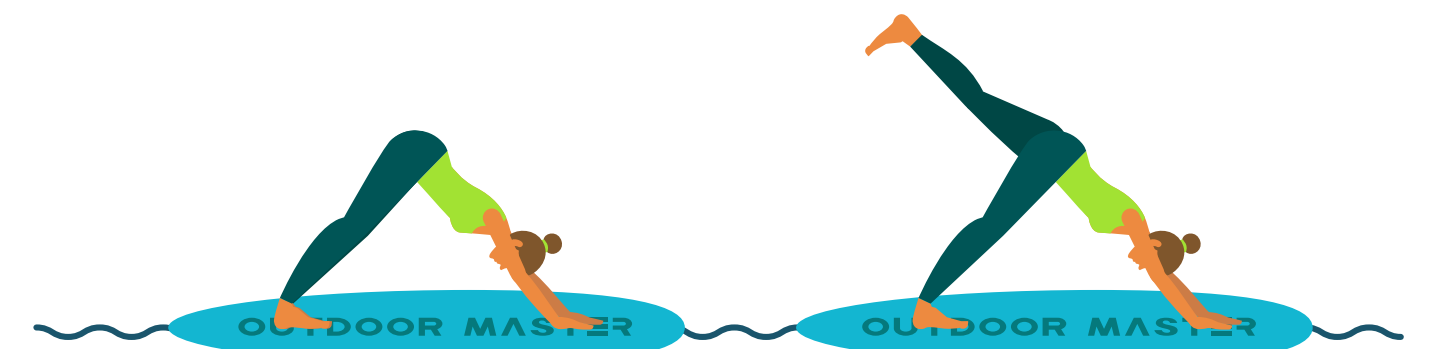


(Do on both sides)

6
Table Top - Downward Facing Dog - Table Top - Child's Pose



7
Three Legged dog



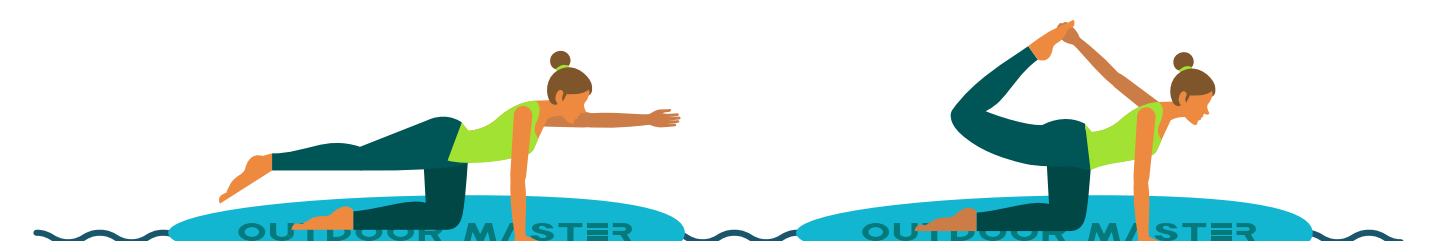
(Do on both sides)

8
Balancing Table Top



(Do on both sides)

9
Tiger Pose



(Do on both sides)

10
Low Lunge



(Do on both sides)

11
Seated Pose

