

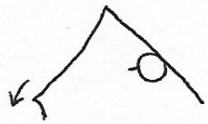
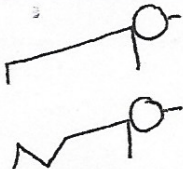
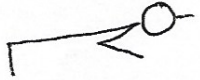


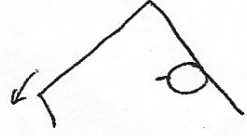
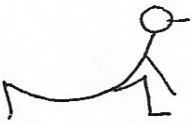




SETTLE	INHALE	EXHALE	INHALE
Mountain Pose		Forward fold	Half forward Bend
TADASANA		UTTANASANA	Lift the head
Hands in Anjali Mudra	Raise your arms up	Fold over steady legs	Stretch forward
(Prayer position)	Overhead	Bend knees if need to	with flat back
SET YOUR INTENTION!	Slight back bend optional	All 10 fingertips to floor	
			
EXHALE	INHALE	EXHALE	INHALE
Forward Fold	Step back LEFT leg Lunge	Place spread hands floor	Plank or Half Plank
UTTANASANA	LEFT Knee to floor	Push Back into	
	Look up	Downward Facing Dog	
		ADHO MUKHA	
		SVANASANA	
			
EXHALE	INHALE	EXHALE	INHALE
Bend Elbow, lower to	Cobra	Lower to floor	Place spread hands floor
CHATURANGA	BUJANGASANA		Push Back into
DANDASANA		Tuck the toes under	Downward Facing Dog
Keep shoulder blades			ADHO MUKHA
on back			SVANASANA
			
EXHALE PAUSE/ INHALE	EXHALE	INHALE	EXHALE
Step Forward LEFT leg	Step forward back leg	Lifting up all the way up	Lower joined hands
into Lunge	Forward fold	over steady/stong legs	Mountain Pose
Back knee to floor	UTTANASANA	Raise your arms up	TADASANA
		Overhead	Hands in Anjali Mudra
		Slight back bend optional	(Prayer position)

REPEAT REPLACING LEFT LEG INSTRUCTION WITH RIGHT LEG

Namaste