

# Ajna Chakra



Easy



Anjali Mudra



Firelog  
side to side



Cat Cow



Plank (on forearms)  
hands in prayer



Dolphin



Peacock



Child



Sun Salutations

Sun Salutations



Sun Salutations

Sun Salutations  
eyes closed



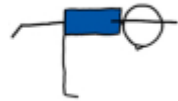
Standing Backbend



Standing Forward  
Bend 1



Eagle



Warrior III



Half Lord Of The  
Fishes



Standing Forward  
Bend 1



Repeat On Other Side



Seated Forward Bend



Head to Knee FB A



Easy  
**AUM chanting**



Savasana