

Anahata Chakra



Easy



Anjali Mudra
tapping thumbs on
sternum



Cat Cow



Down Dog



Crescent Moon



Runners stretch



Repeat On Other Side

Repeat On Other Side



Down Dog



Wild Thing



High Lunge (hands on
hips)
clasp hands behind
back



Repeat On Other Side

Repeat On Other Side



Down Dog



Cobra



Child



Tall Kneel



Camel Modification



Camel (Half)



Camel



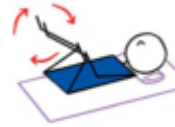
Child



Threading The Needle



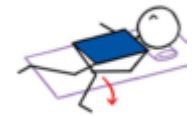
Bridge



Sacral Circles



Fish

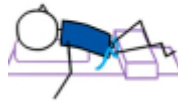


Lying Twist



Easy

YAM chanting



Bound Angle