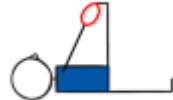


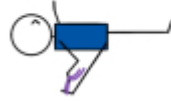
# Friday morning hamstrings



Blue Force Field



Reclined Hand To Big Toe I (strap)



Reclined Hand To Big Toe II



Sun Salutations



Down Dog



Wide Leg Forward Bend



Down Dog



Cobra



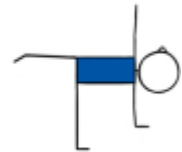
Down Dog (transition)



Warrior II



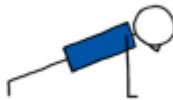
Triangle



Half Moon



Standing Split



Plank



Cobra



Repeat On Other Side



Squat

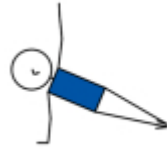
Blank



Intense Side Stretch



Half Splits



Side Plank



Head To Knee FB



Hurdlers twist



Wide Angle Seated  
Forward Bend



Peace Room  
Relaxation