

Manipura Chakra



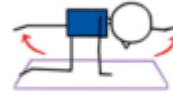
Fire Breath



Nauli



Cat (Head to Knee)



Kneeling Superman 3



Down Dog



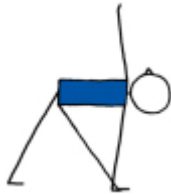
Down Dog (knee to nose)



Lunge Twist



Intense Side Stretch



Revolved Triangle



Down Dog



Repeat On Other Side



Easy



Sage 3



Child



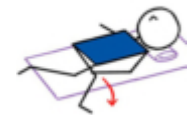
Boat



Revolved Abdomen



Abdominal Popcorn



Lying Twist



Easy
RAM



Savasana