

# Twisty Tuesday Class



Easy



Neck Movement 1



Neck Movement 2



Neck Movement 3



Shoulder Shrugs



Easy Forward Bend 2



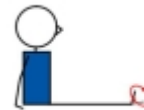
Bound Angle



Easy Forward Bend 2



Seated Cat Cow



Ankle Rotation



Half Lord Of The Fishes



Seated Twist 2



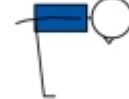
Hero



Monkey (half)



Gate



Half Way Lift 3



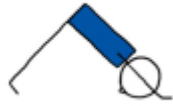
Forward Bend



Gorilla



Squat



Down Dog



Down Dog (revolved)



Lizard Lunge



Wide Leg Forward  
Bend



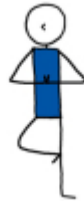
Goddess 5



One Leg Wind Relieve



Half Lotus Tree Fold



Tree



Chair



Figure Four



Warrior Eagle I



Standing Crescent



Standing Forward  
Bend 5



Bananasana



Happy Baby



Twisted Monkey



Lunge Twist



Corpse