

Visuddhi Chakra



Easy
Brahmari



Easy
**shoulder shrugs,
chewing, tongue, yawn**



Neck Movement 1



Neck Movement 2



Neck Movement 3



Neck Movement 4



seated cat



Lion



Extended Child



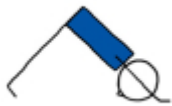
Knees Chest Chin



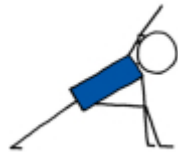
Cobra (hands forward)



Extended Child



Down Dog



Extended Side Angle



Warrior II



Triangle (block)



Down Dog



Repeat On Other Side



Squat

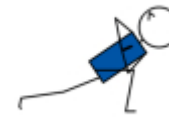
twist open arm up to side, neck long



Low Lunge



Intense Side Stretch



Lunge Twist



Repeat On Other Side



Plough



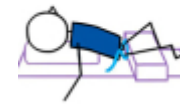
Fish



Legs Up Wall



Easy
HAM chanting



Bound Angle