


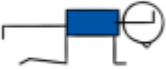
















Womb Yoga - exhibition class

 <p style="text-align: center;">Kneeling golden thread breath, heart womb breath</p>	 <p style="text-align: center;">Easy seated womb greetings</p>	 <p style="text-align: center;">Cat Cow</p>	 <p style="text-align: center;">Cow 3</p>	 <p style="text-align: center;">Cow 4</p>	 <p style="text-align: center;">Gate</p>
 <p style="text-align: center;">Kneeling Half Moon</p>	 <p style="text-align: center;">Tall Kneel</p>	 <p style="text-align: center;">Kneeling Lunge II arms describe full moon</p>	 <p style="text-align: center;">Cat Cow</p>	 <p style="text-align: center;">Down Dog</p>	 <p style="text-align: center;">Extended Child</p>
 <p style="text-align: center;">Cobra</p>	 <p style="text-align: center;">Tall Kneel</p>	 <p style="text-align: center;">Camel (prep)</p>	 <p style="text-align: center;">Camel</p>	 <p style="text-align: center;">Repeat On Other Side</p> <p style="text-align: center;">Repeat On Other Side</p>	 <p style="text-align: center;">Mountain earth mudra</p>



Prithvi Mudra



High Lunge (hands on hips)
sweep arms up



Prana Mudra



Squat
forearms on floor



Chin Mudra



Tall Kneel
sweep arms to the side one at a time



Hridya Mudra



Tall Kneel
arms up, crown onto head



Lotus Mudra



Extended Child
back of the hands on ground,



Hero



Namaste Mudra



Mountain



Squat



Dancer



Goddess 2



Mountain
earth mudras



Forward Bend



Mountain Arms Up 2
**thumbs to third eye,
heart, womb**



Goddess 3
rotate left then right



Down Dog



Pigeon



Half Lord Of The
Fishes



Pigeon



Down Dog



Repeat On Other Side



Easy



Anjali Mudra
hasta mudra sequence