

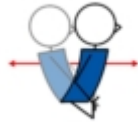
yoga for lower back and psoas



Easy



Easy Twist



seated cat



Revolved Abdomen



Leg Lift
**hug knee, lower leg
straight**



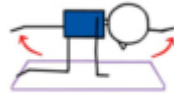
Eye Of The Needle



Cat Pulling Tail



Cat Cow



Kneeling Superman 3



Sphinx

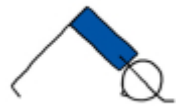


Cobra



Sun Salutations C

Sun Salutations C



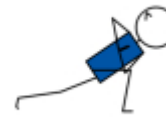
Down Dog



Low Lunge (knee on
floor)



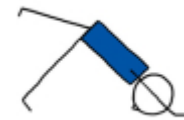
Low Lunge (right foot
back)



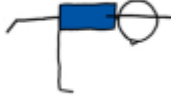
Lunge Twist



Runners stretch



Down Dog (leg up)



Repeat On Other Side

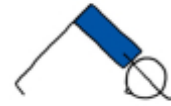
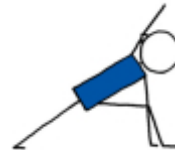
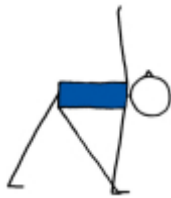
Tree (arms & right leg up)

Warrior III

Low Lunge (right foot forward)
drop R arm to side, lean over to R side

Down Dog

Repeat On Other Side



Triangle

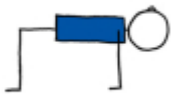
Warrior II

Reversed Warrior

Extended Side Angle

Down Dog

Staff



Seated Forward Bend (belt)

East Stretch

Seated Pigeon 1

Bridge

Breathe In Positive