

Friday morning yoga class



Still Breath Meditation



Easy Twist



Cat Cow



Cow (raised leg & arm)



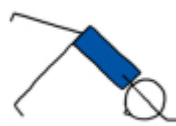
Down Dog



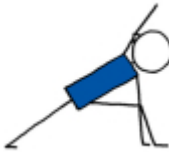
Child



Sun Salutations C



Down Dog (leg up)



Extended Side Angle



Warrior II



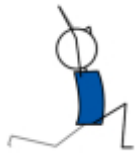
Reversed Warrior



Tree (arms up)



Chair



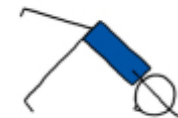
Crescent Moon



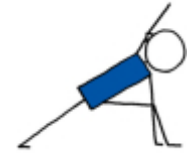
Lunge Twist



Down Dog (transition)



Down Dog (leg up)



Extended Side Angle



Warrior II



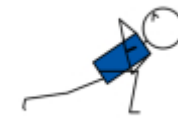
Tree (arms up)



Chair



Crescent Moon



Lunge Twist



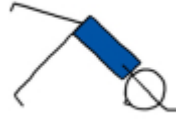
Down Dog (transition)



Pigeon



Half Lord Of The
Fishes



Down Dog (leg up)



Pigeon



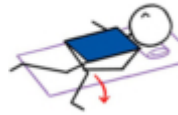
Half Lord Of The
Fishes



Firelog



Bridge



Lying Twist



Savasana