

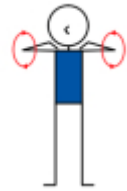
Yoga Reset and Stretch

Lesson Plan Date:

May 23 2017



Samasthiti



Shoulder Rotations



Shoulder Shrugs



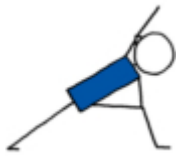
Standing Crescent



Crescent Lunge



Warrior Eagle II



Extended Side Angle 2



Warrior II



Reversed Warrior



Warrior II



Goddess 3



Goddess 5



Goddess 6



Repeat On Other Side



Forward Bend



Chair



Crescent Lunge



One Leg Wind Relieve



Eagle



Mountain



Repeat On Other Side



Forward Bend