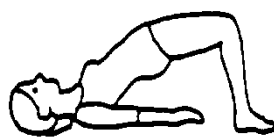




1- EXHALE knees bent with feet/knees 6" apart.



2- INHALE, raise hips. Bridge Pose.



3- EXHALE down. AFTER EXHALE arms over head on floor.



4- INHALE, raise hips.



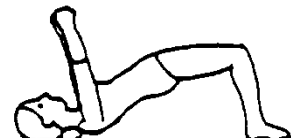
5- EXHALE, down. AFTER EXHALE hands on thighs shoulders rounded



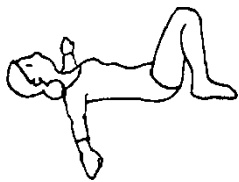
6- INHALE raise hips.



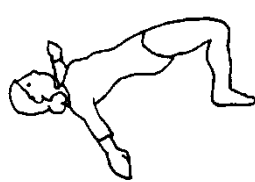
7- EXHALE down. AFTER EXHALE form outward fingerlock.



8- INHALE raise hips.



9- EXHALE down. After EXHALE arms shoulder level.



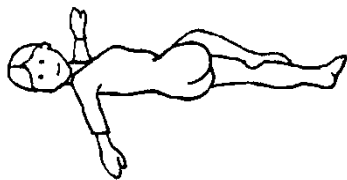
10- INHALE raise hips.



11- EXHALE down. After EXHALE hands beside hips, left leg straight.



12- INHALE raise hips level. EXHALE down. Reverse side.



13- After EXHALE, right foot on left knee, arms straight across, twist knee to left. Abdominal Twist - Jathara Parivartanasana. Take 6 full breaths, then reverse.



14- EXHALE, pull knees to chest Energy Freeing Pose - Apanasana



15- INHALE, lower legs. Rest. Corpse Pose - Savasana