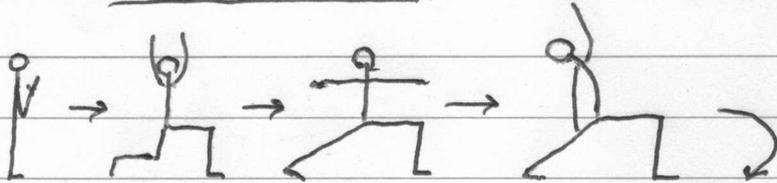


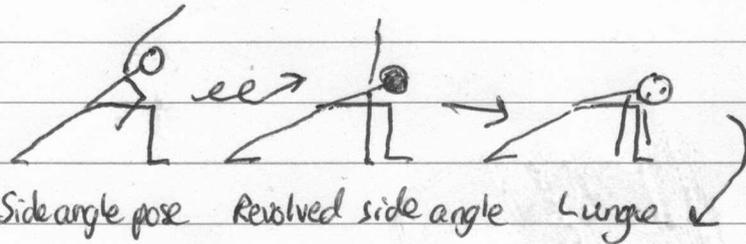
Yoga Routine I

- Start your yoga practice by centring + relaxing, either lying down or seated.
- Warm ups - movements to loosen all the joints.

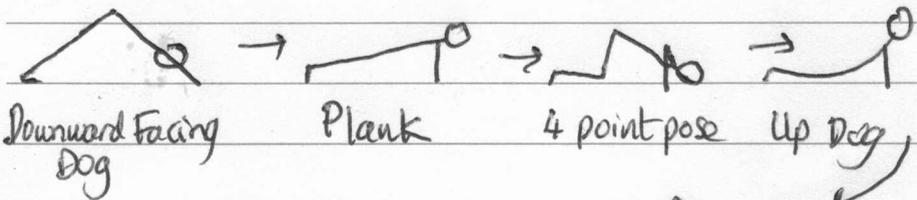
Main Practice



Mountain Warrior I Warrior II Reverse Warrior



Side angle pose Revolved side angle Lunge

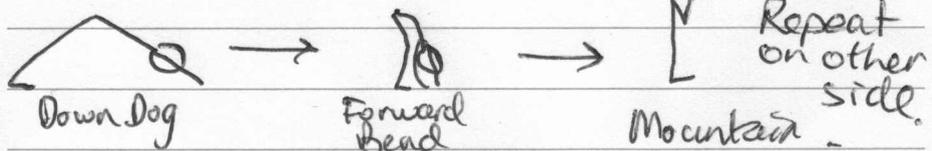


Downward Facing Dog

Plank

4 point pose

Up Dog



Down Dog

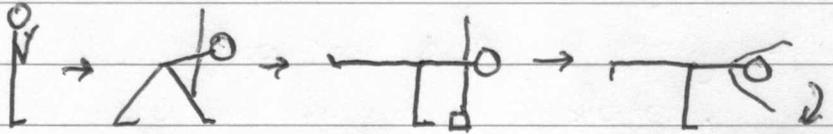
Forward Bend

Mountain

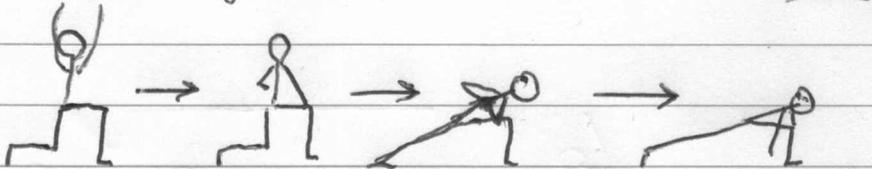
Repeat on other side.

- Cool down then Relax.

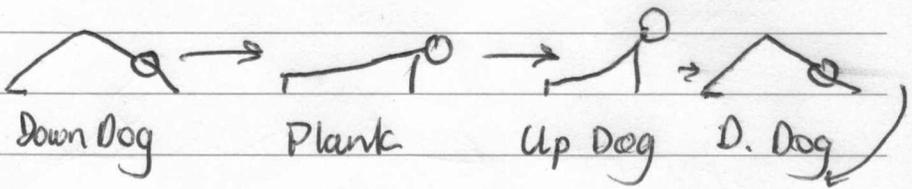
Yoga Routine 2



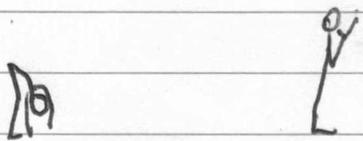
Mountain Triangle Half Moon Warrior III



Warrior I Twist Lunging warrior Twist. Lunge



Down Dog Plank Up Dog D. Dog



Forward bend Mountain.

Repeat on other side.