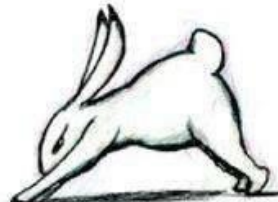


MORNING YOGA

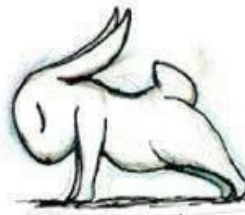
HOLD EACH POSE FOR 10 SEC



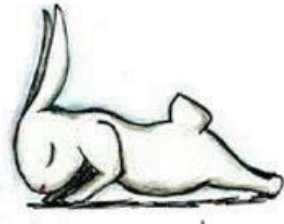
child's pose



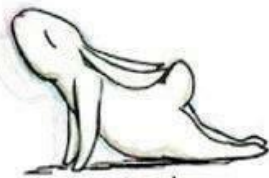
downward dog



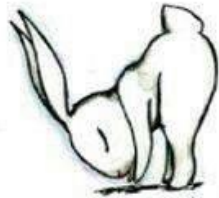
upper push up



lower push up



upward dog



forward fold



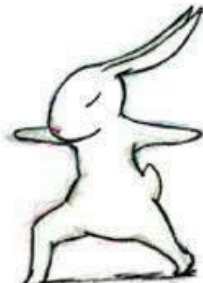
half lift



Mountain Pose



Warrior 1



Warrior 2



chair pose



reverse warrior

REPEAT THIS SEQUENCE X6

Breath deeply and evenly on your form Keep your back straight.