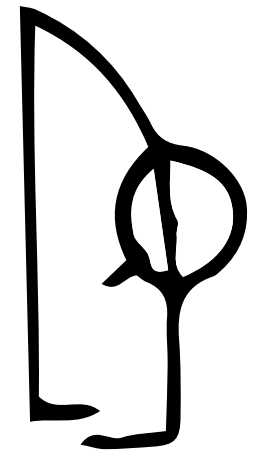
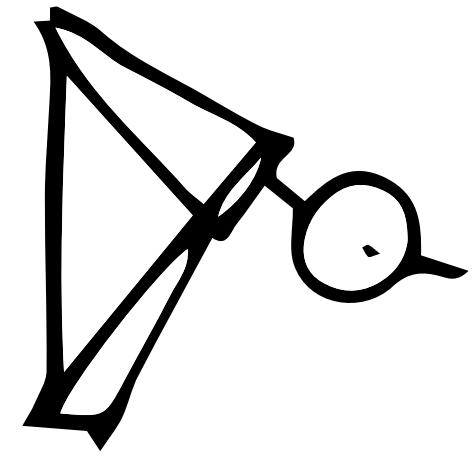


5BRs.

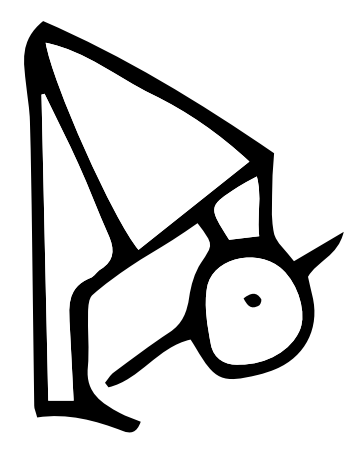


Repeat (2)

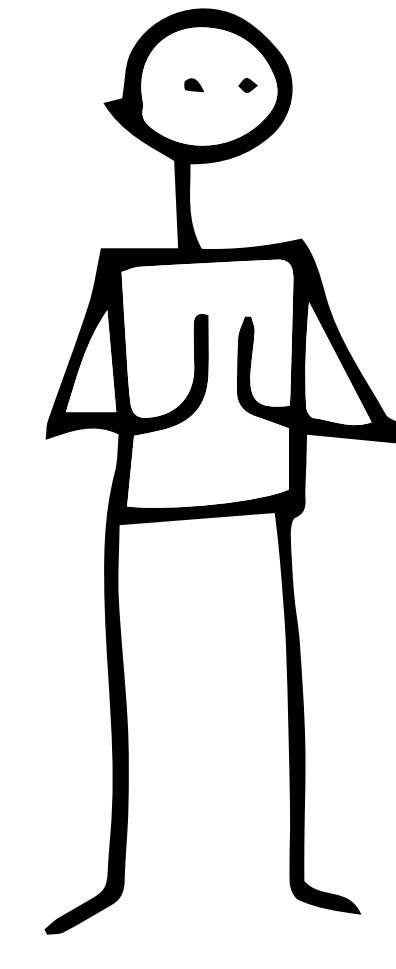
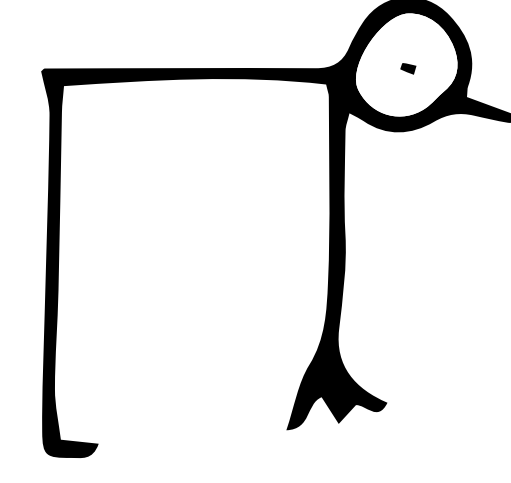
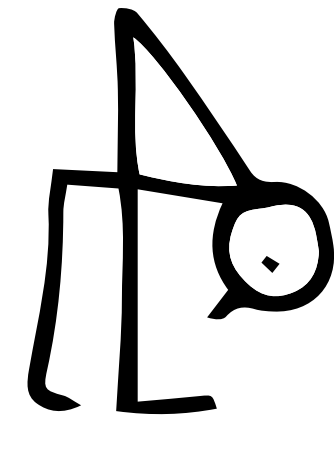
1BR



5BRs.



Twist

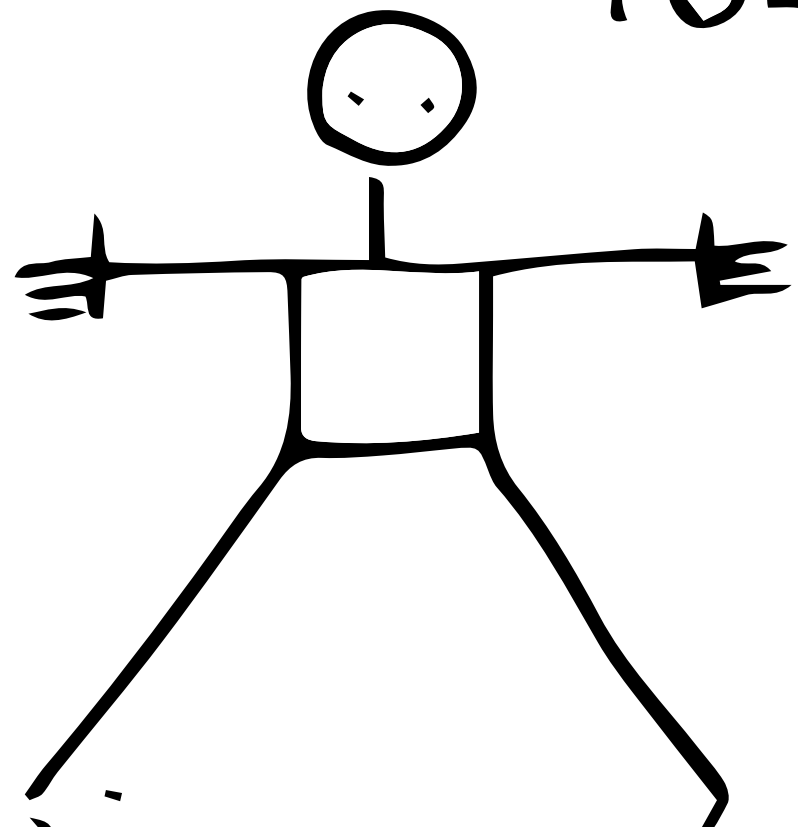
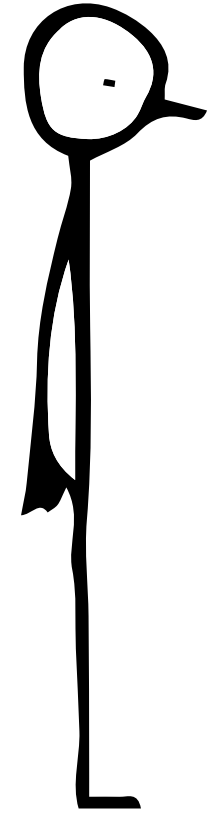


Place hands under feet.

Cross arms.

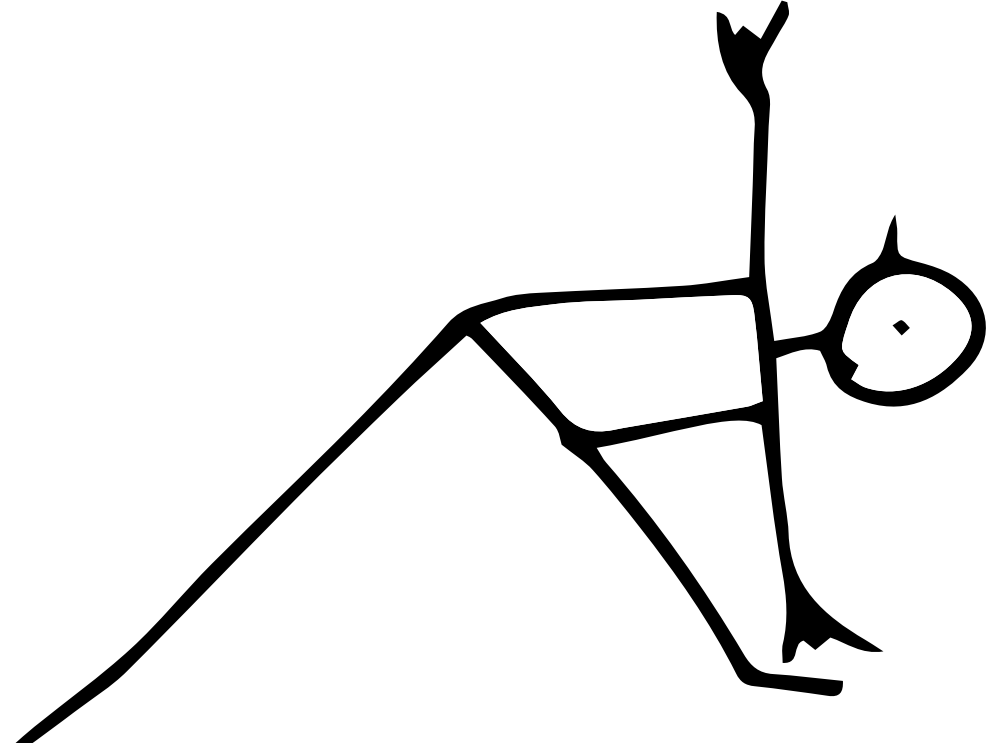
FLYING WARRIOR

1BR.

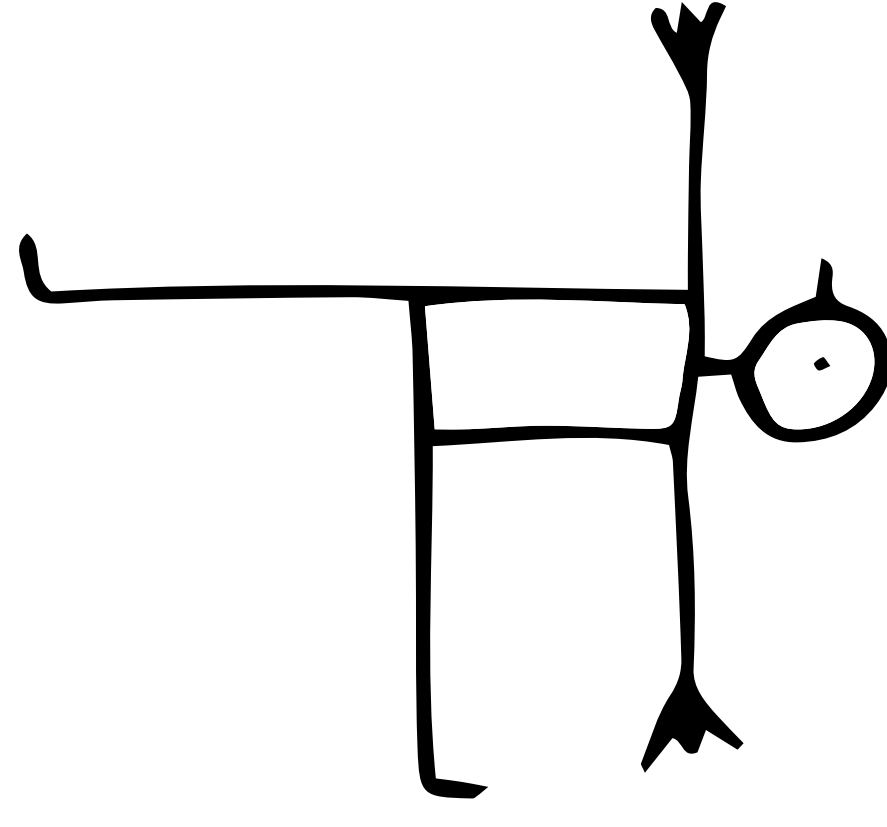


Step wide.

4BRs.

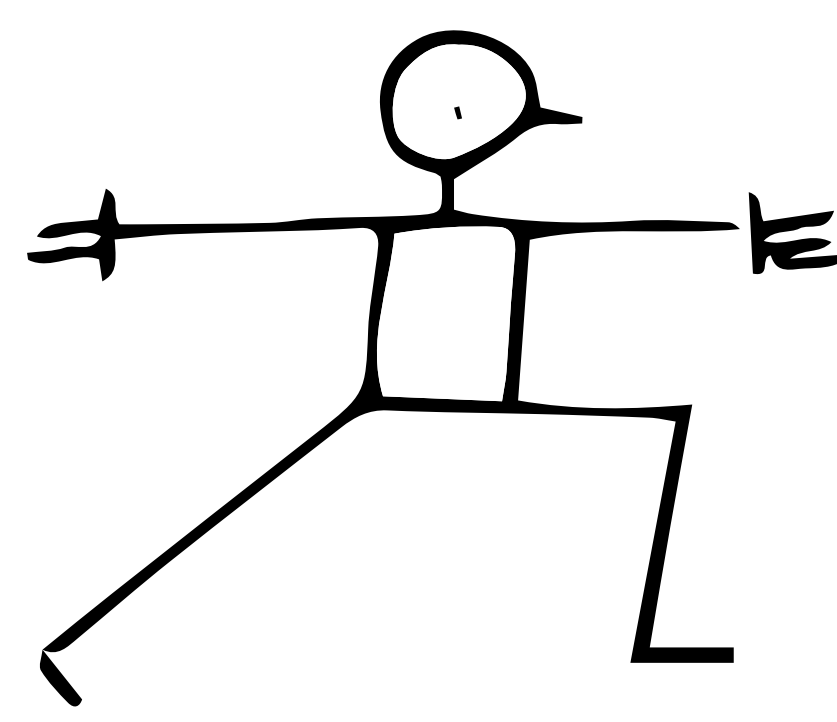


4BRs



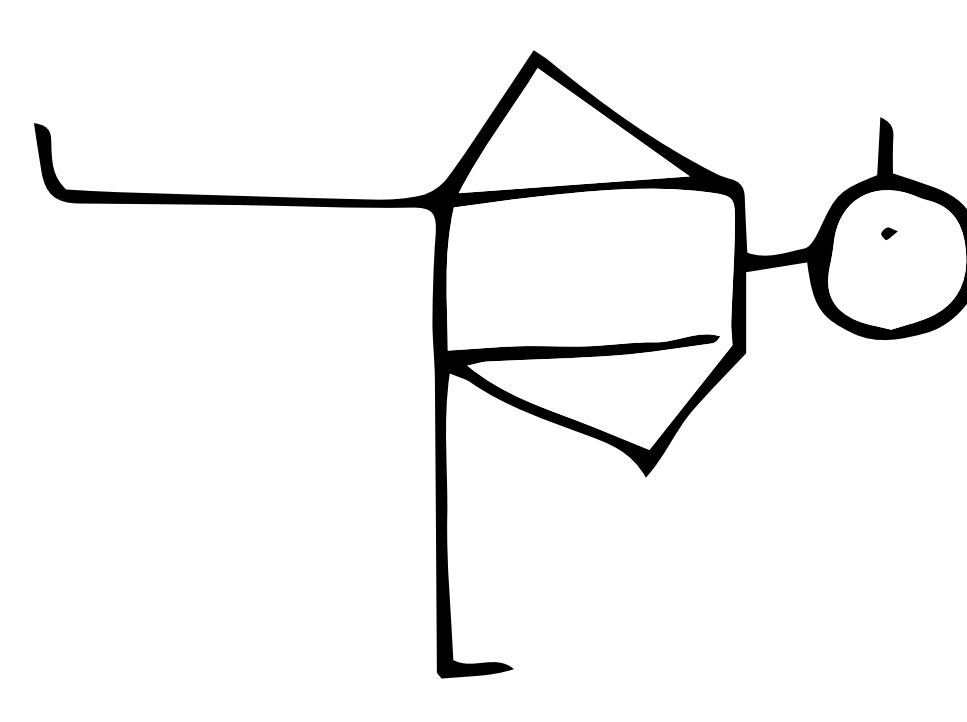
Half Moon.

4BRs.

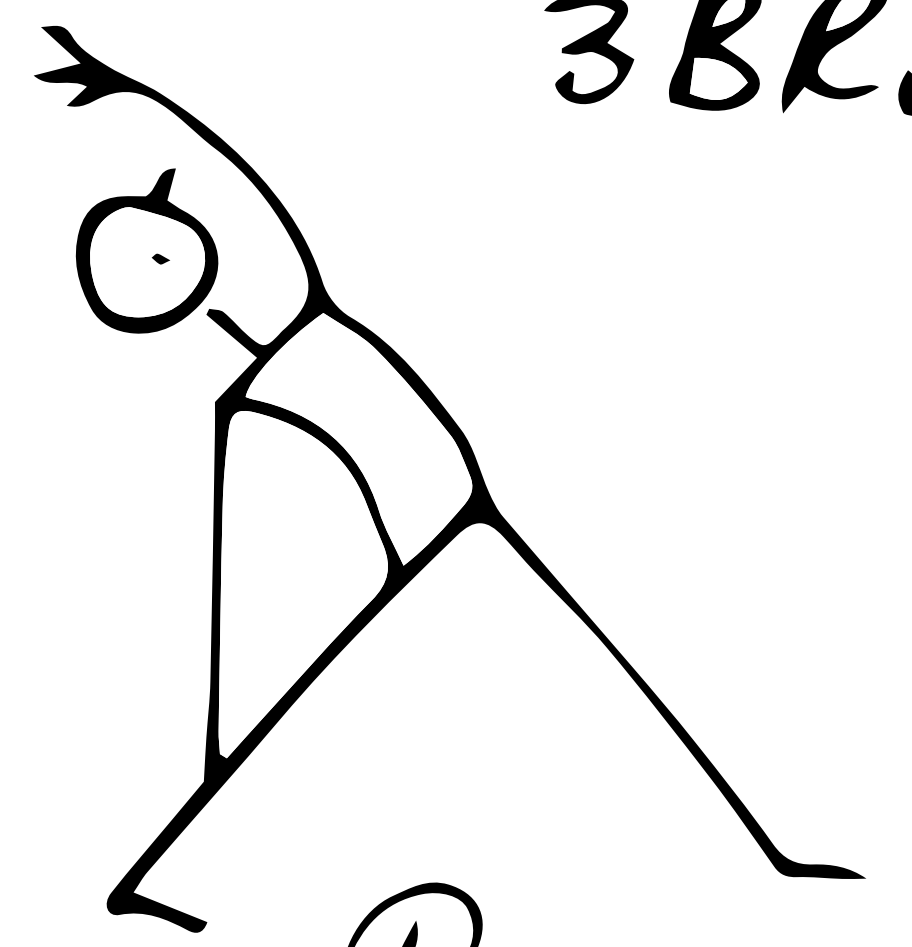


VBII

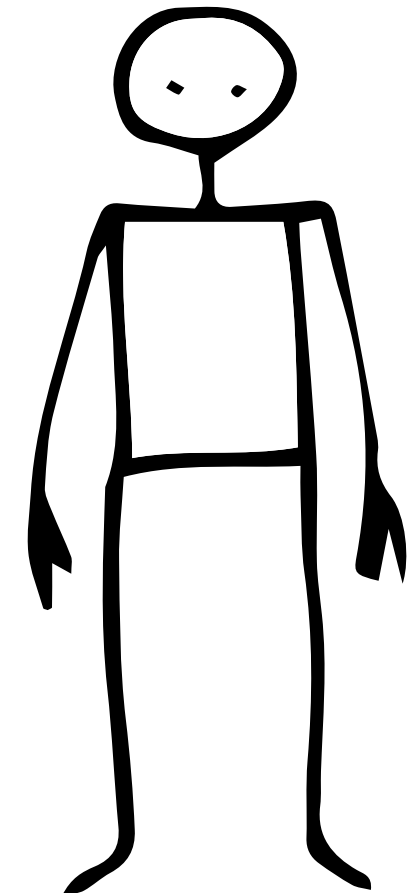
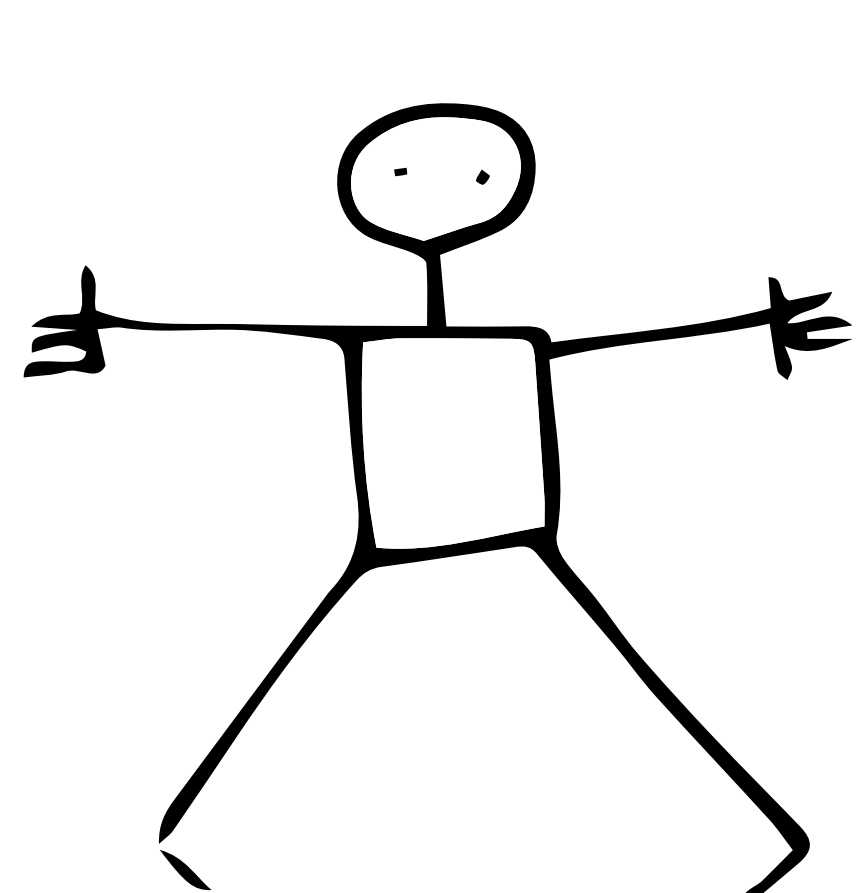
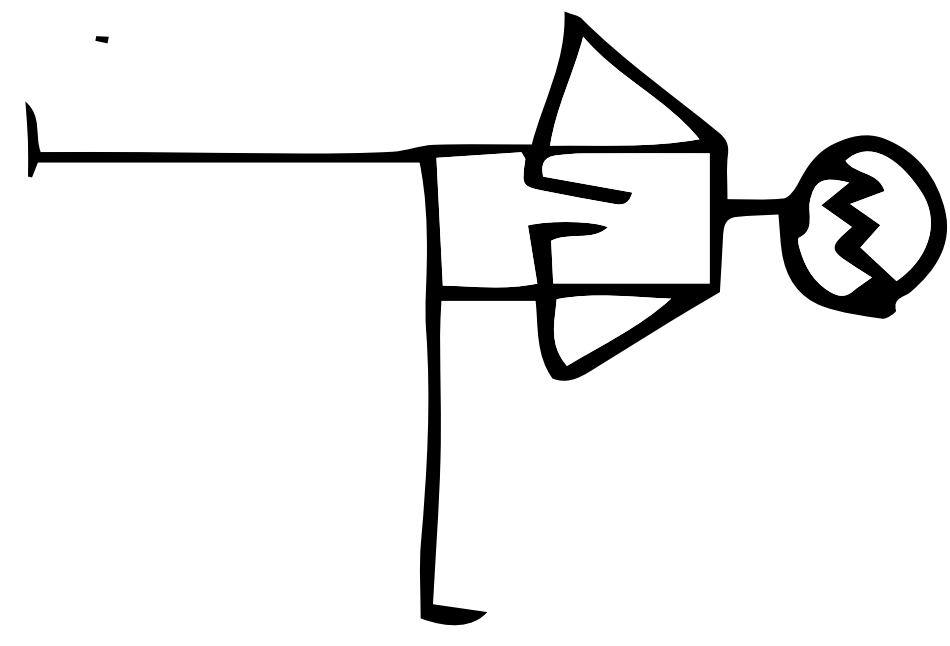
4BRs.



3BRs.



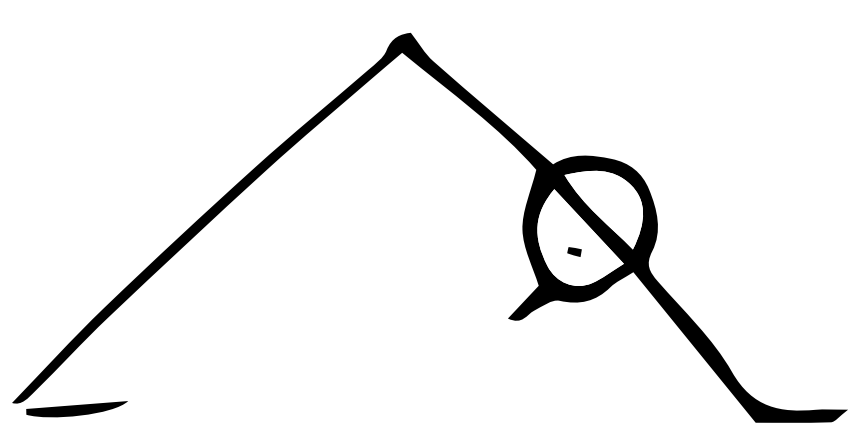
Reverse Warrior.



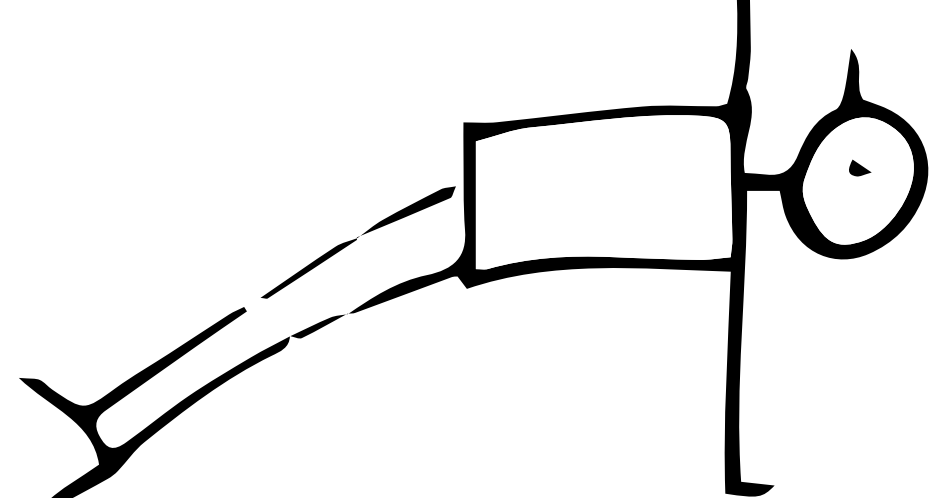
Repeat left side

+ Vinyasa

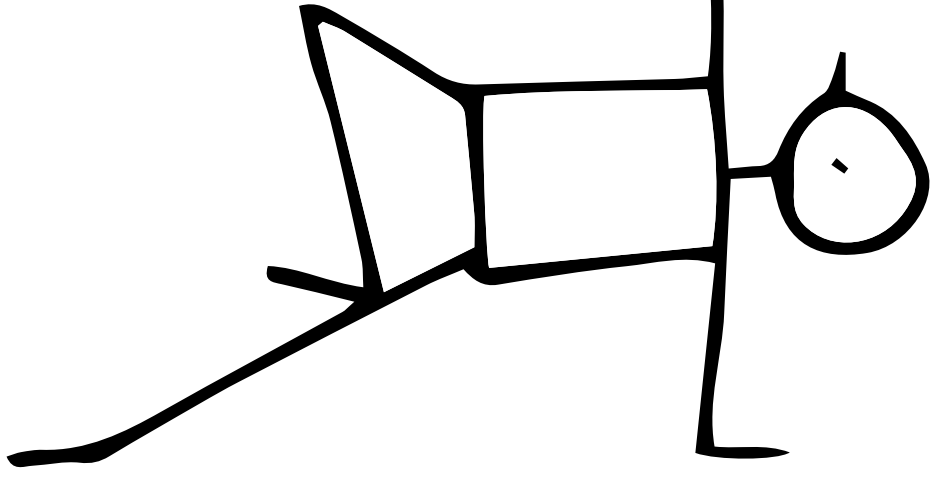
4BRs.



3BRs



+ 3BRs.

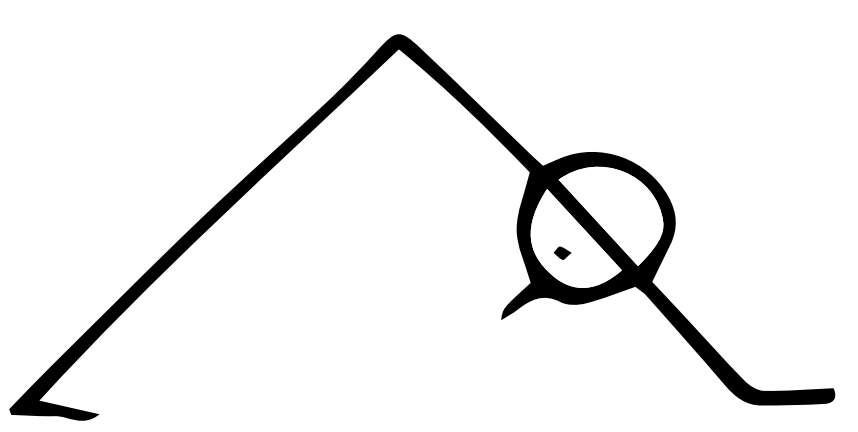


Ardha Vanistasana

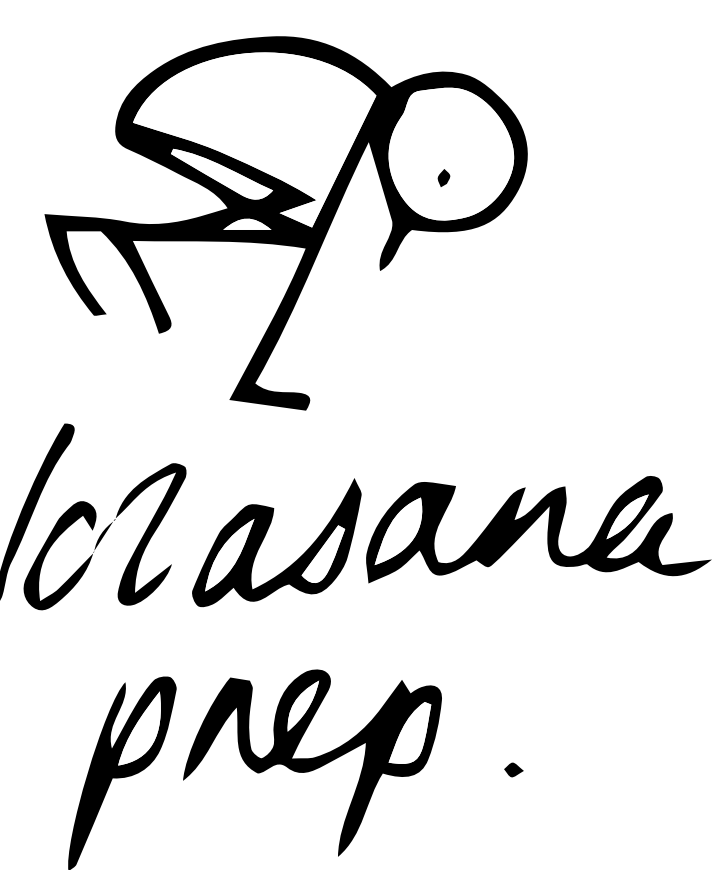
Repeat left side

+ Vinyasa

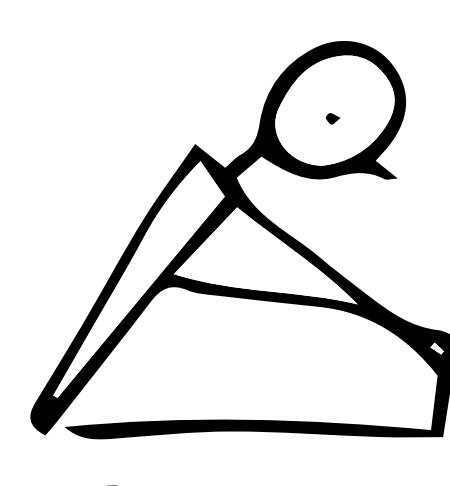
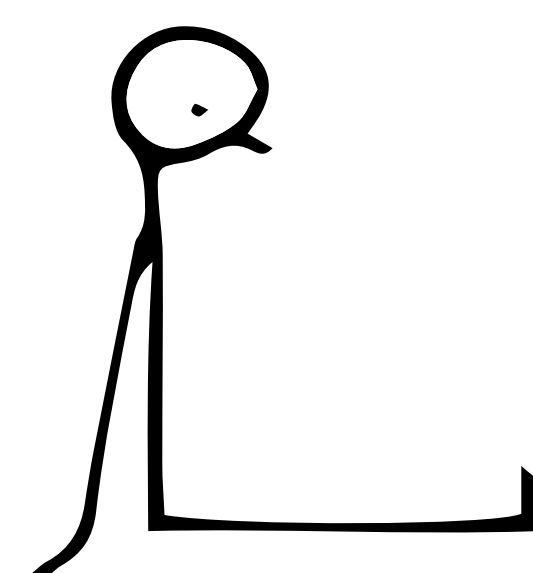
Repeat left side



Jump to sit

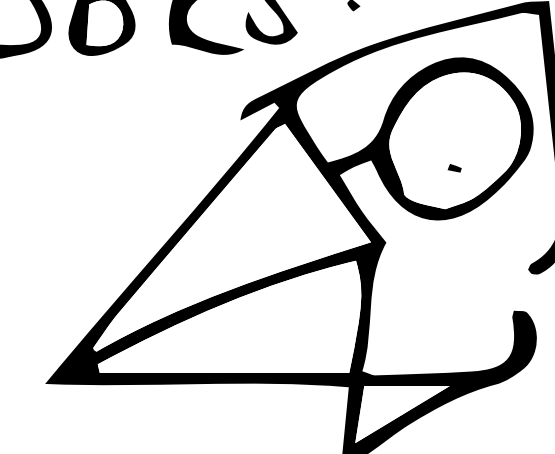


Urdhva Dhanurasana prep.

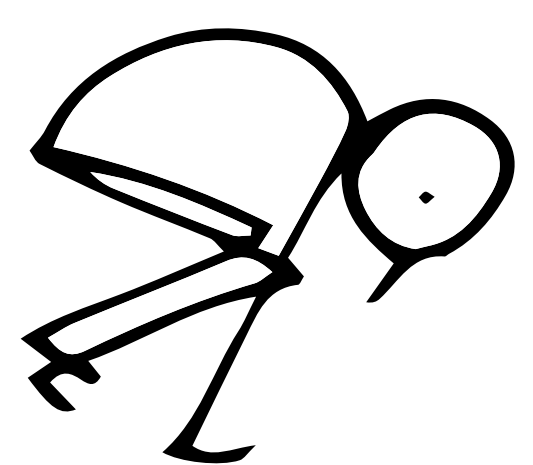


Cross arms.

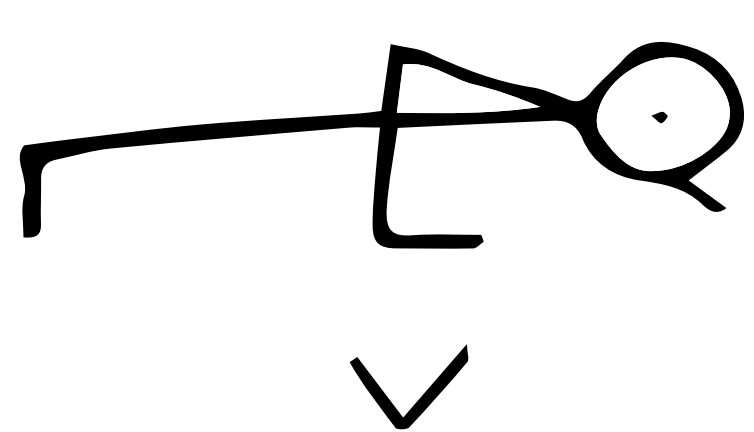
5BRs.



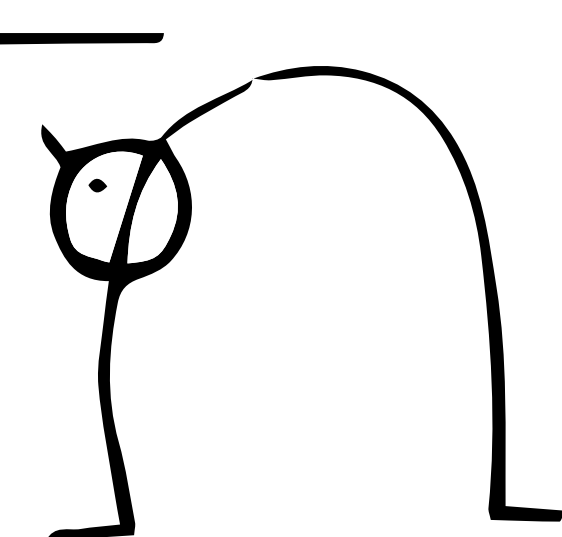
Purvotta Pashu mothanasana



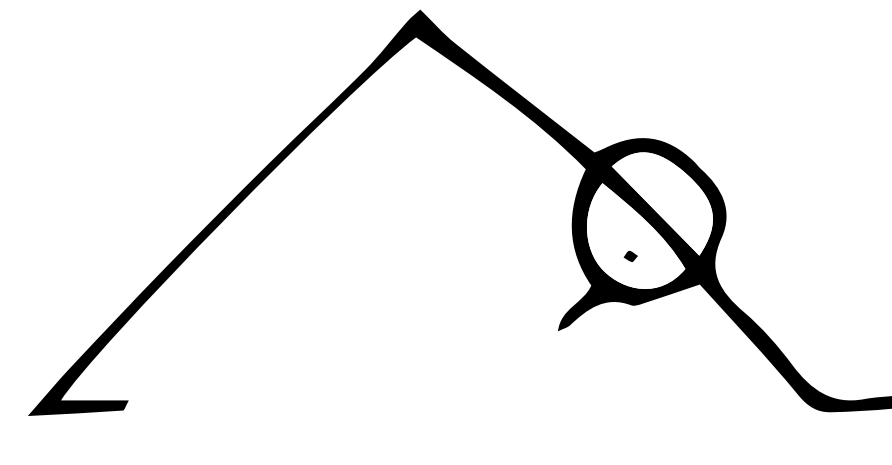
Urdhva Dhanurasana prep.



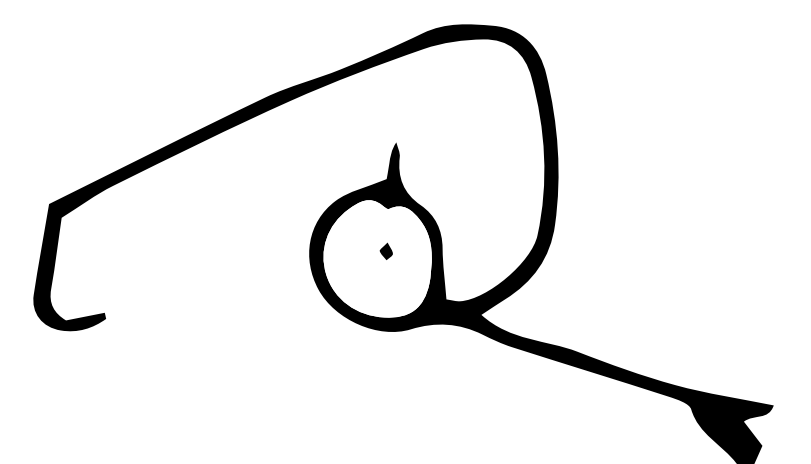
5BRs.



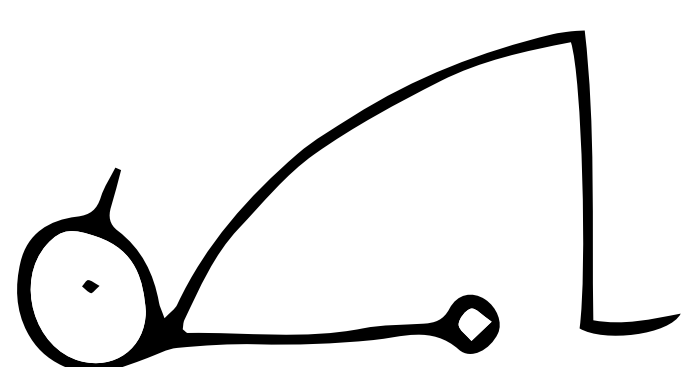
5BRs.



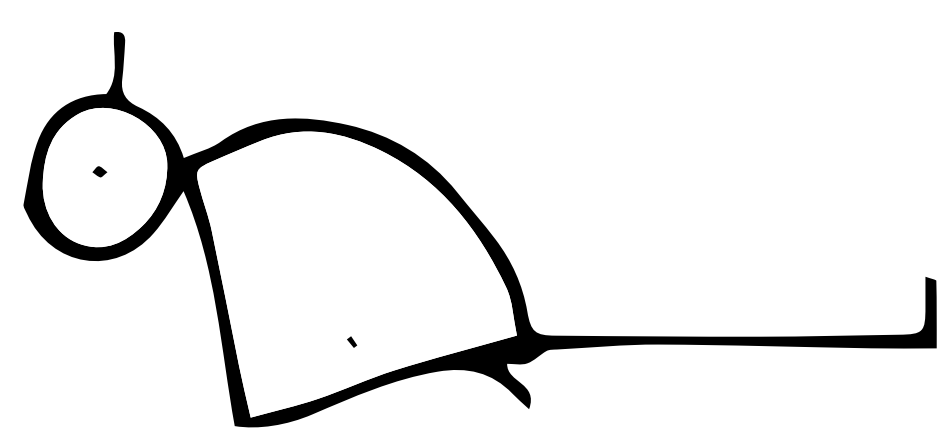
Jump to sit



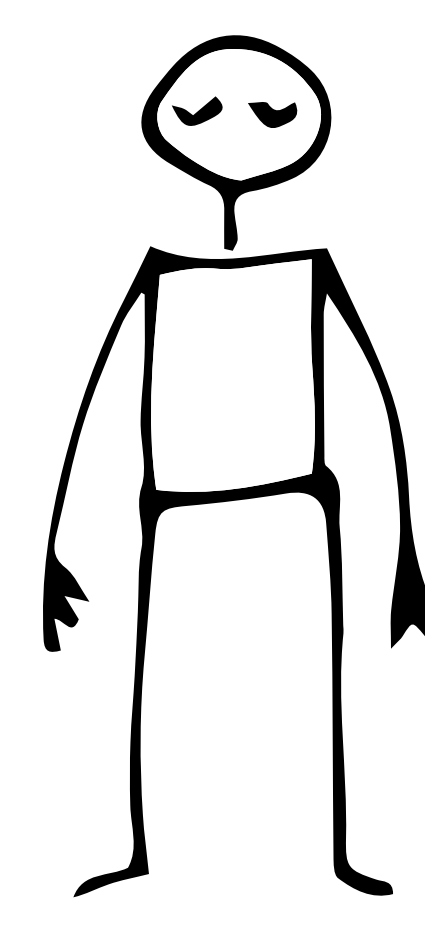
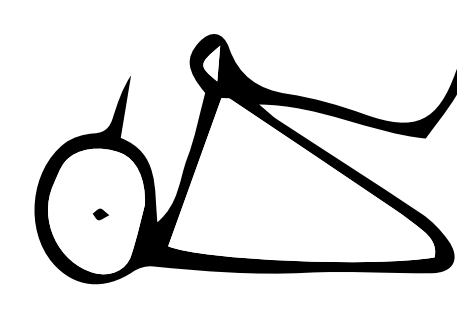
Walk feet left & right.



8BRs.



Fish pose.



Padasana