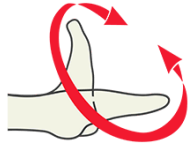
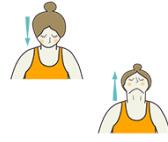




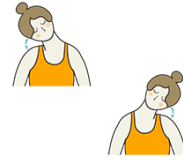
1. Wrist Rotations



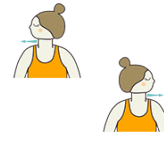
2. Ankle Rotations



3. Neck Bend



4. Neck Side Stretch



5. Neck Twist



6. Neck Rolls



7. Mountain Pose
Tadasana



8. Standing Side Bend
Pose



9. Mountain Pose
Cactus Arms
Tadasana Cactus Arms



10. Extended Mountain
Pose With Backbend
Utthita Tadasana With
Backbend



11. Warrior Pose II
Virabhadrasana II



12. Reverse Warrior
Pose Viparita
Virabhadrasana



13. Tree Pose
Vrksasana



14. Warrior Pose I
Virabhadrasana I



15. Pyramid Pose
Variation 1
Parsvottanasana
Variation 1



16. Boat Pose Variation
On Chair Navasana
Variation On Chair



17. Cobra Pose Chair
Bhujangasana Chair



18. Camel Pose Chair
Variation Hands
Ustrasana Chair
Variation Hasta



19. Chair Seated Twists



20. Eagle Pose Chair
Garudasana Chair



21. Half Seated
Forward Bend Pose
Chair Ardha
Paschimottanasana
Chair

Savasana

22. Savasana Section