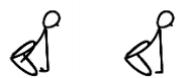
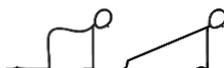
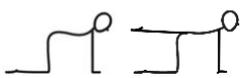
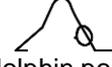
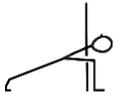
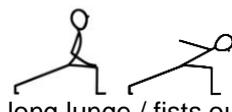
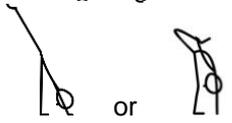
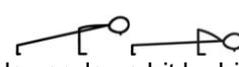
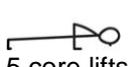
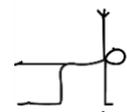
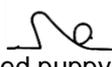
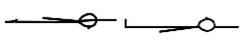
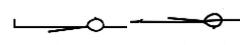
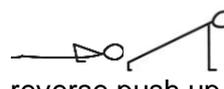
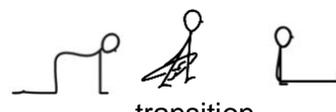




1	 comfortable seated position	 wrist stretches reverse and turn the hands	 finger stance	 cross ankles coming to all fours
2	 plank pose rock forth and back	 wrist stretch turn hands	 wrist stretch reverse hands	 finger stance
3	 left leg back and hold  right hand to heel open up / back bend	 left leg to the side and hold up and down  gate pose side stretch	 right elbow/forearm on the ground left hand holds ankle  transition	 down dog  lower down bit by bit  3 cobra rolls  extended puppy pose  sphinx pose  dolphin plank forearms and hands flat  dolphin pose forearms and hands flat 
4	 down dog  twist  side stretch legs crossed  transition to down dog	 10 heel push ups  pyramid pose  rock down and up again 5 times don't touch the floor 	 long lunge / fists out  standing splits or binding the other / forward fold	 open hips  step foot across cross legged forward fold  stop in a seated position

5	 <p>contracted boat pose cross both ways</p>  <p>boat pose</p>  <p>core holds both sides</p>   <p>both sides</p>        <p>hand to outside edge of the foot hold to ear</p>     <p>boat pose</p>
6	 <p>place right foot on the left calf</p>  <p>lift left leg up shin towards forehead</p>  <p>hands free</p>  <p>upward plank</p> 
7	 <p>bound angle feet away</p>  <p>grab ankles and round back ruck chin in and lean back</p>  <p>elbows in and arch spine draw yourselves like a bow</p>  <p>head on block and rest</p>  <p>contracted boat pose cross both ways</p>   <p>transition to down dog</p>
8	 <p>down dog 10 b</p>  <p>plank pose</p>  <p>lower down bit by bit</p>  <p>5 push ups</p>  <p>up dog</p>
9	 <p>shoulder stretch</p>  <p>finger stance</p>  <p>shoulder stretch mushti mudra to the side palm facing up along the body</p>  <p>finger stance</p>  <p>5 core lifts</p> 

10	 <p>down dog</p>  <p>transition</p>  <p>half-moon on knees</p>  <p>bow back bend</p>  <p>take leg out hold outside of foot</p>  <p>half splits</p>  <p>hip opening low lunge</p>  <p>flying splits front leg lies on the upper arm</p>  <p>half splits</p>  <p>boat pose</p>  <p>extended puppy pose</p>  <p>sphinx pose</p>  <p>shoulder stretch</p>  <p>transition unto back</p>  <p>shoulder stretch face down under the ribs roll unto that arm</p>  <p>transition unto belly</p>   <p>reverse push up</p>  <p>vinyasa</p>  <p>transition</p>
11	 <p>twist prana mudra (squeezing index finger toward the palm) right foot on the ground / left hand presses the right leg away from</p>  <p>thread the needle</p>  <p>legs up</p>  <p>slide hands down the legs</p>  <p>reversed forward fold</p>  <p>rocking vinyasa</p>
12	<p><u>shavasana</u></p> 