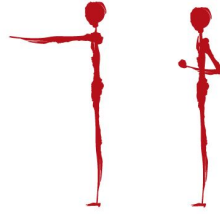




Bellows Breath



Nerve Fortifying Breath



Mountain Breath



Cat



Cow



Balance Table Right



Balance Table Left



Child Pose



Kneel with Toes tucked under  
Breathing In, Lift Up Arch  
Back with Arms and Torso



Breathing Out, Fold  
Forward onto Forearms



Breathing In, Arch Back,  
Lift Crown of Head  
into Cow Pose



Breathing Out, Stretch  
Down into Childs Pose



Sphinx



Down Dog



Forward Fold



Upward Salute



Mountain Prayer