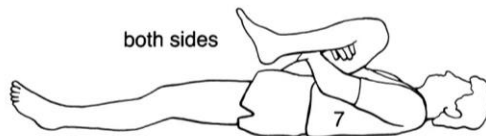
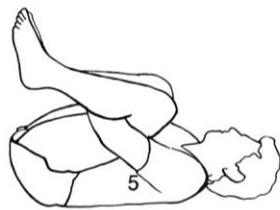
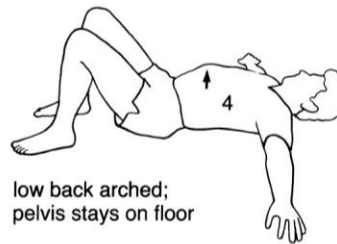
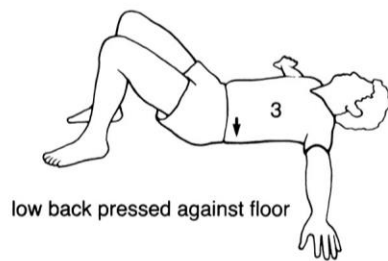
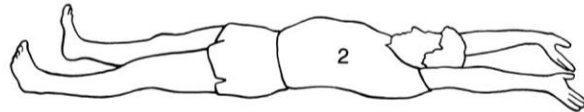
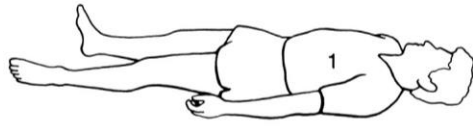
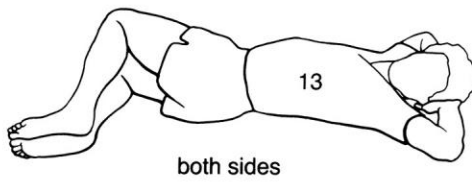
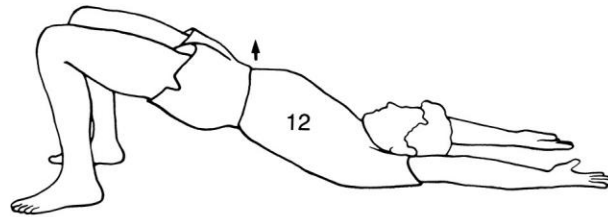
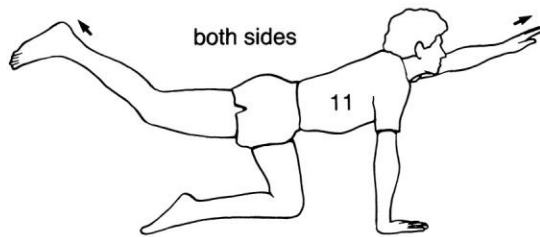
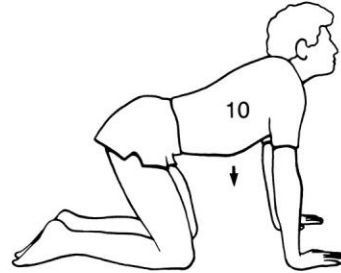
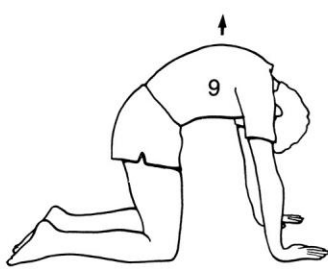
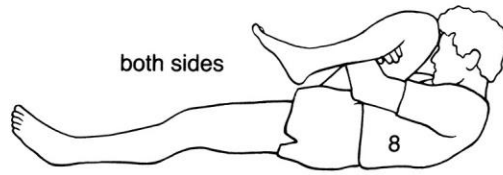
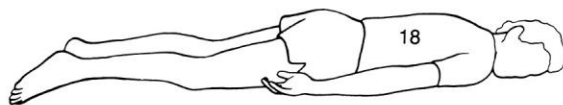
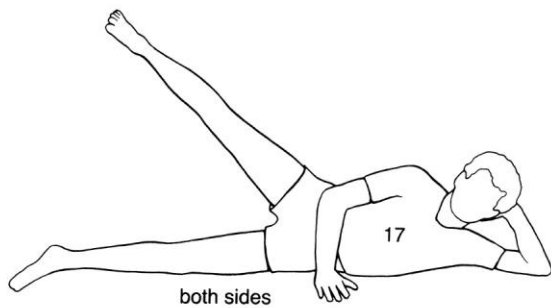
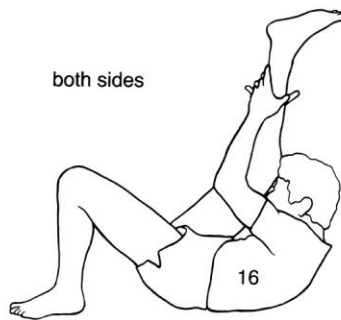
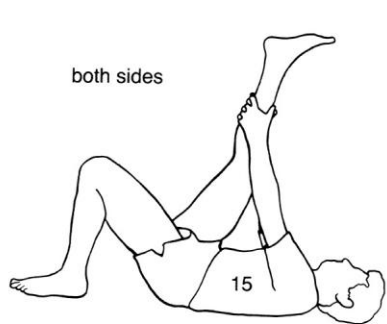
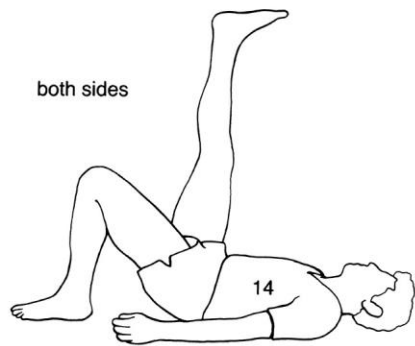
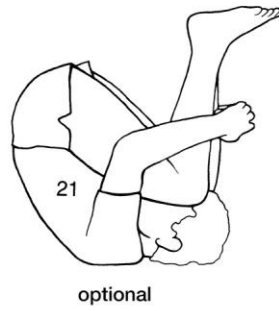
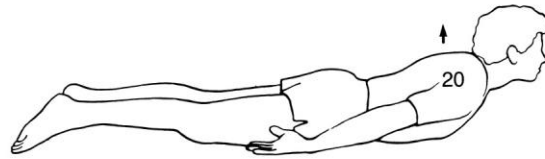
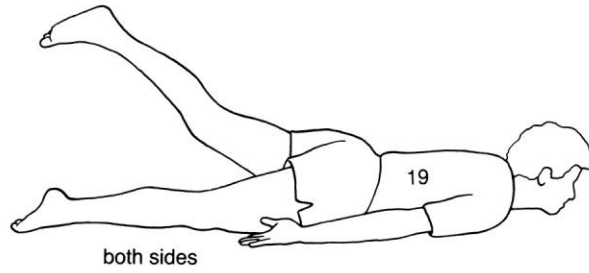


SEQUENCE OF LYING DOWN YOGA POSTURES

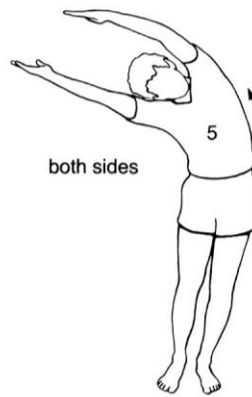
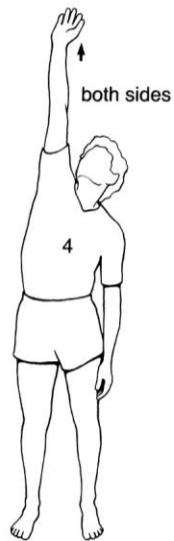
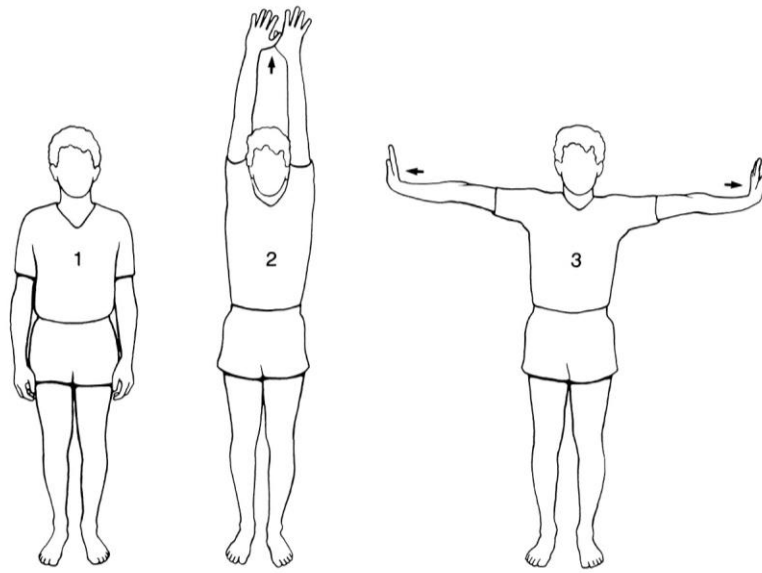




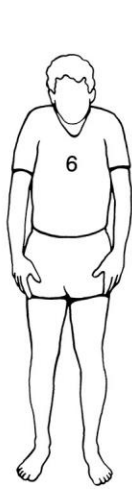




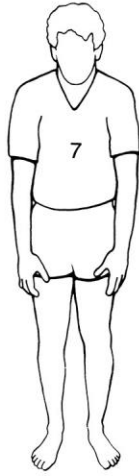
SEQUENCE OF STANDING YOGA POSTURES



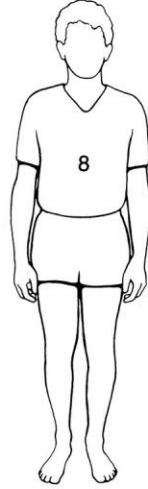
shoulder rolls: do in forward, then backward directions



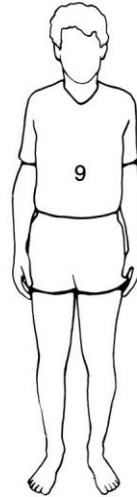
raise up



squeeze together
in front

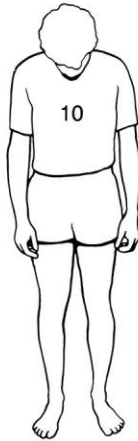


let drop

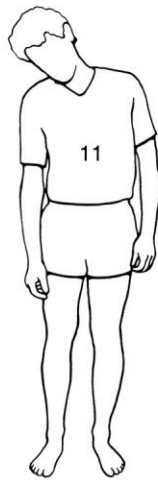


squeeze together
in back

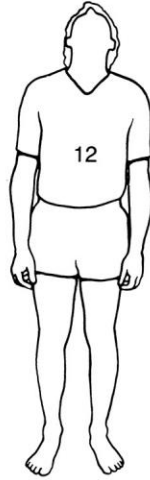
neck rolls: do in one direction, then the other



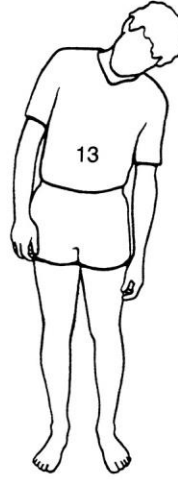
10



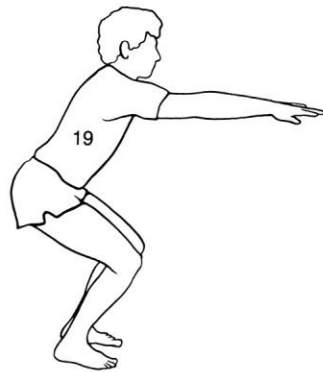
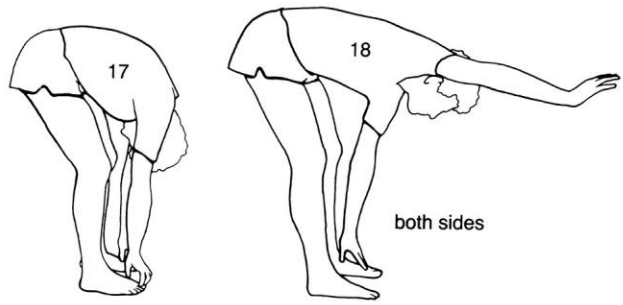
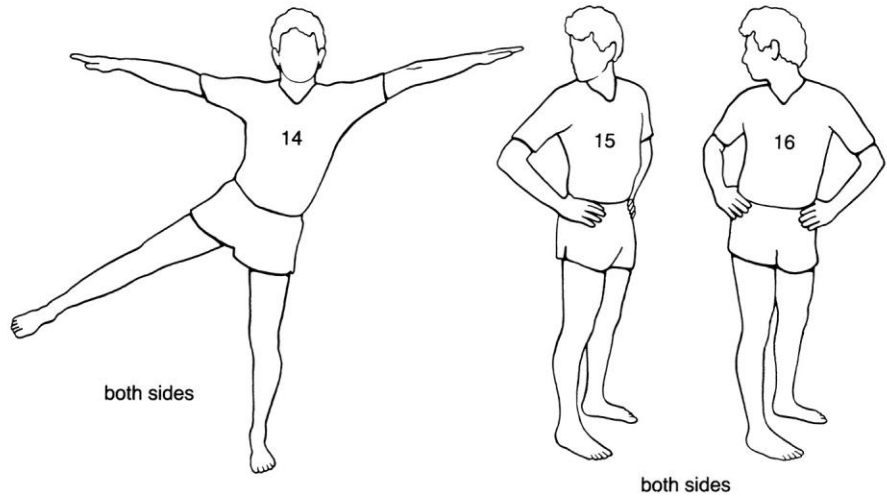
11

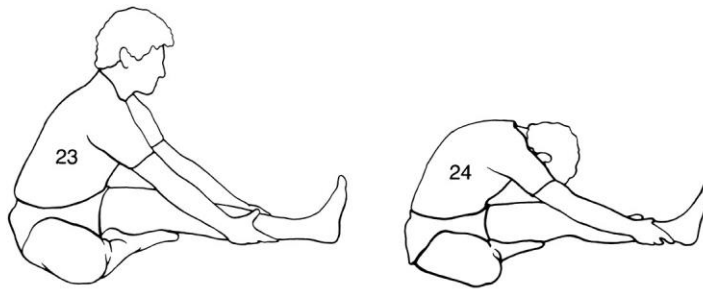
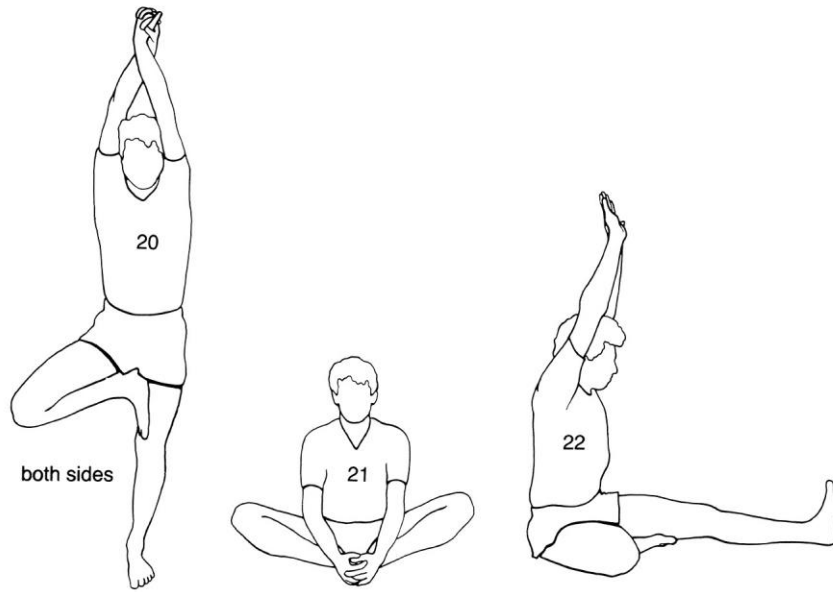


12



13





repeat 22 to 24 on other side

