



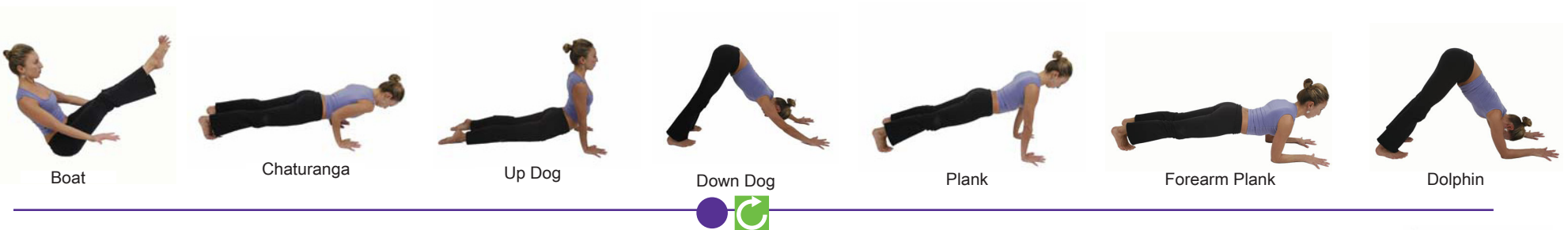


-  Begin Series
-  End Series
-  Repeat
-  Will repeat on opposite leg

Core Yoga #1 - 20 min. - Level 3-4





Half Lift



Forward Bend



Mountain



standing back bend



Mountain



Forward Bend



Half Lift



Chaturanga



Up Dog



Down Dog



Boat



Bicycle Sit-ups



Knees into Chest



Bridge



Wheel (option)



Supta Baddha Konasana



Knees into Chest



legs to 90 degrees



Savasana



seated cross legged