





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

Detox Yoga #1 - 20 min. - Level 3





Down Dog



Leg High



Half Pigeon



Down Dog



Camel (beginners)



Camel



Childs Pose (arms at side)



Knees into



Spinal Twist



Knees into Chest



Savasana