



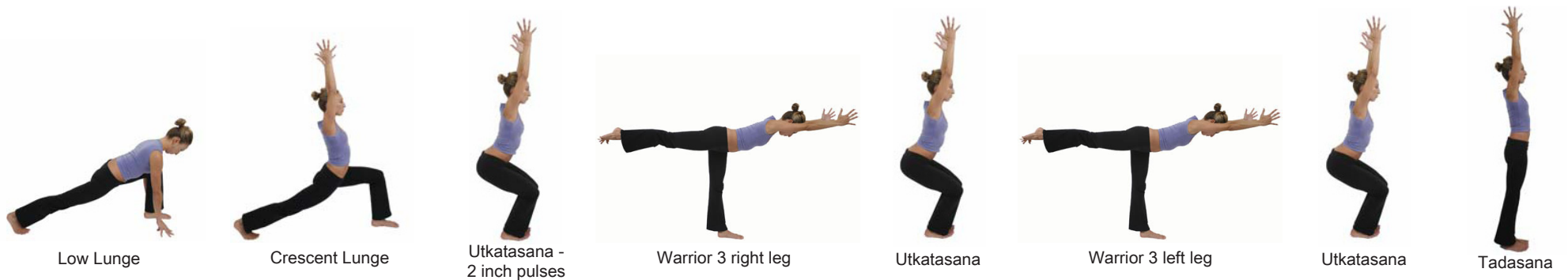


-  Begin Series
-  End Series
-  Repeat
-  Will repeat on opposite leg

Yoga for Buns #1 - 20 min. - Level 2-3







Down Dog



Leg High



Standing Splits right



Rag Doll



Standing Splits left



Rag Doll



Down Dog



Knees into Chest



Spinal Twist - Eagle legs



Knees into Chest



squeeze everything



Savasana



seated cross legged