





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

Yoga for Cyclists #1 - 20 min. - Level 1 - 2





Left Leg High



Bent Knee Hip Opener



Down Dog



Half Lift



Forward Bend



Tadasana



Samasthiti



Forward Bend
legs crossed



Tadasana



Back Bend



Tadasana



Forward Bend



Half Lift



Down Dog



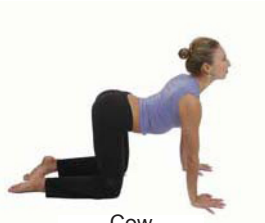
Right Leg High



Half Pigeon



Baddha Konasana



Cow



Cat



Down Dog



Rag Doll



Gorilla



Down Dog



Left Leg High



Half Pigeon



Seated Forward Fold



Knees into Chest



Spinal Twist



Knees into Chest



Dead Bugs Pose



Savasana

