




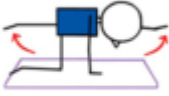
















# New year's day 2017

					
Sankalpa Mudra	Seated cat stretch	Easy Side Bend	Easy Twist	Cat Cow	Kneeling Superman 3
				 Sun Salutations	2x Repeat 2 Times
Extended Child	Down Dog 5 breaths here	Standing Forward Bend 1	Mountain	Sun Salutations	Repeat 2 Times
 Sun Salutations A	2x Repeat 2 Times				
Sun Salutations A	Repeat 2 Times	Five Pointed Star	Goddess 1	Goddess 2	Goddess 3
					
Goddess 4	Goddess 5	Goddess 6	Triangle	Warrior I	Warrior Eagle I



Warrior Eagle II



Warrior II



Repeat On Other Side



Chair



Chair Elevated



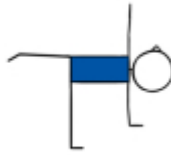
Chair Modification



Diver pose



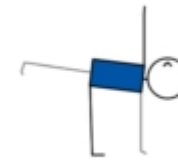
Revolved Chair  
**Add Anjali mudra  
and balance variation**



Half Moon



Half Moon Bow



Revolved Half Moon



Half Moon Bound  
Revolved



Repeat On Other Side



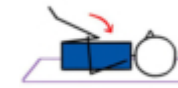
Child



Sphinx



Eye Of The Needle



Knees To Chest



Revolved Abdomen



Bananasana



Savasana



Reading  
**Esther Emanuel's**  
**one minute of calm**