




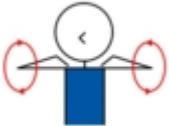








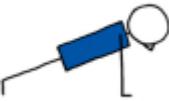

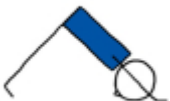



Basic daily practice

Lesson Plan Description:

A short 20-30 minute practice to do at home

					
Abdominal Breath	Neck Movement 1	Neck Movement 2	Neck Movement 3	Neck Movement 4	Shoulder Rotations
					
Shoulder Shrugs	Easy Side Bend	Cat Cow	Mountain	Mountain Arms Up	Standing Forward Bend
					
Standing Forward Bend	Standing Forward Bend	Plank	Cobra	Down Dog	Standing Forward Bend



Mountain Arms up

3x

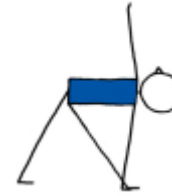
Repeat 3 More times
**Repeat sequence
from mountain pose**



Child's Pose



Mountain



Triangle



Warrior II



Reversed Warrior



Wide Leg Forward
Bend



Repeat On Other Side
from Triangle pose



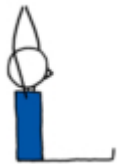
Tree (arms up)



Cat Cow



Staff



Staff With Arms Up



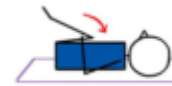
Seated Forward Bend



Bridge



Revolved Abdomen



Knees To Chest



Savasana