

YOGA FLOW

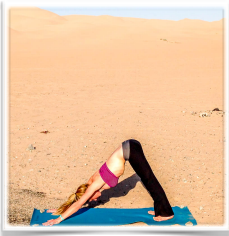
6.27.2014

WARM UP: Start with your "warm-up" stretches or series to awaken the body.

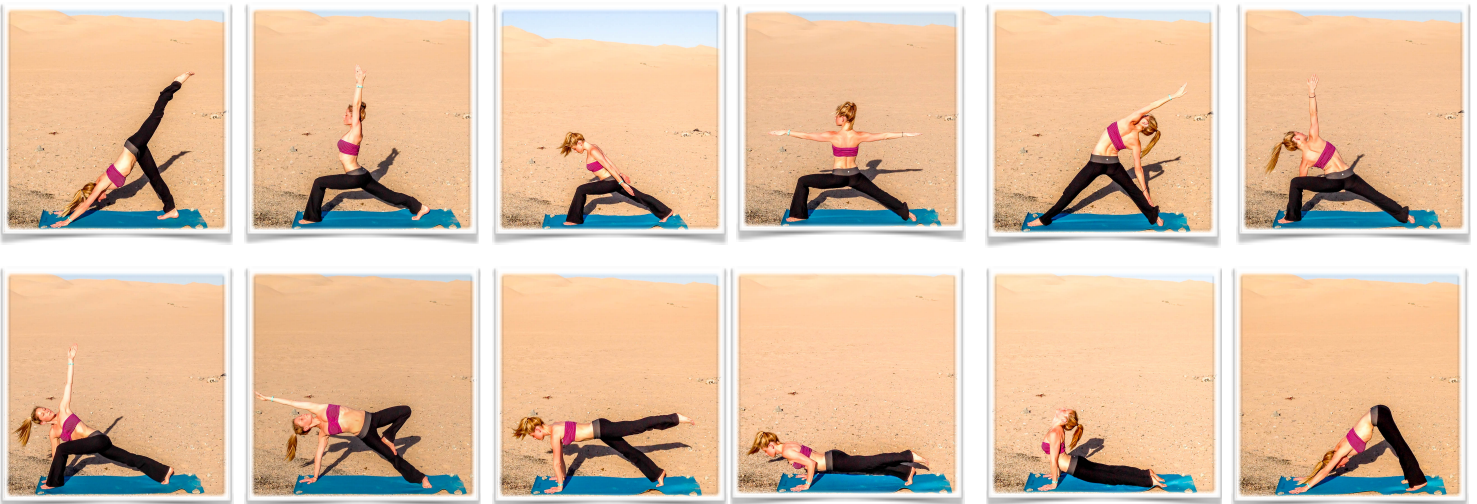
FLOW

Complete the right side (as shown below), start to finish. You will end up at the front of your mat.
Complete the left side and end at the front of your mat.

RIGHT SIDE



LEFT SIDE



REPEAT 1-3 TIMES
(SAME SEQUENCE OR ADVANCE POSTURES)

COOL DOWN: End with a cool down sequence.