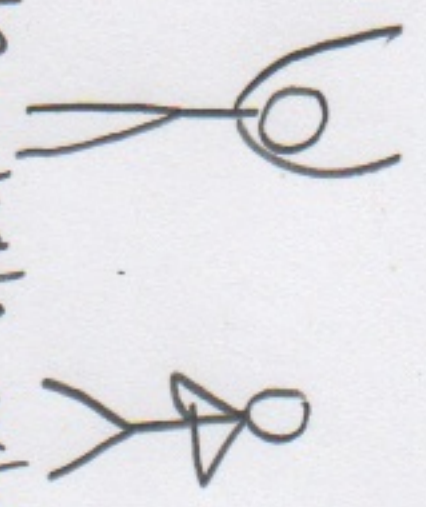


① 3 PART BREATH - <sup>COUNT:</sup> 8 inhale; 12 exhale | 1 BS |  
 (down to pelvic floor) (10 rounds)



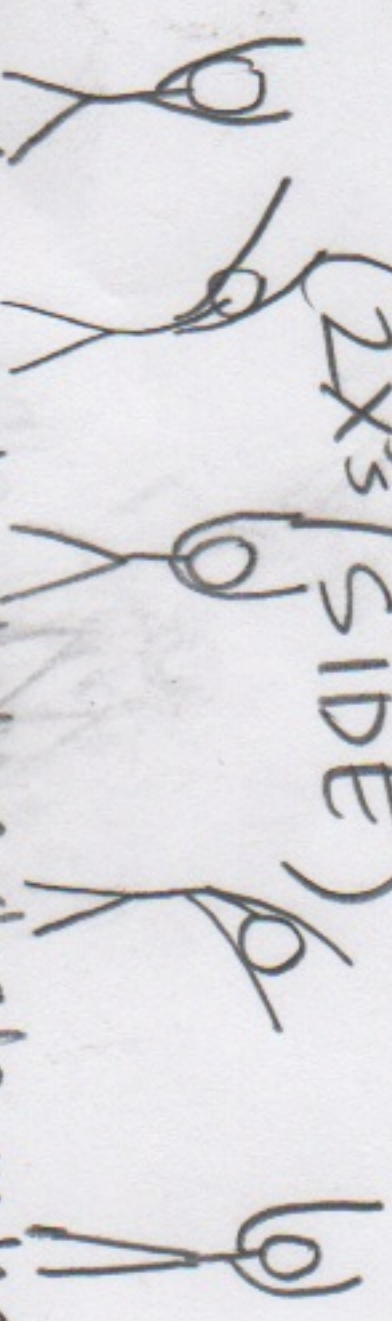
② 1/2 SUN SAUTES (3XS)  
 (backbend on 1st inhale)

(backbend) - 1p - 1p - 1p  
 inhale exhale inhale exhale inhale exhale



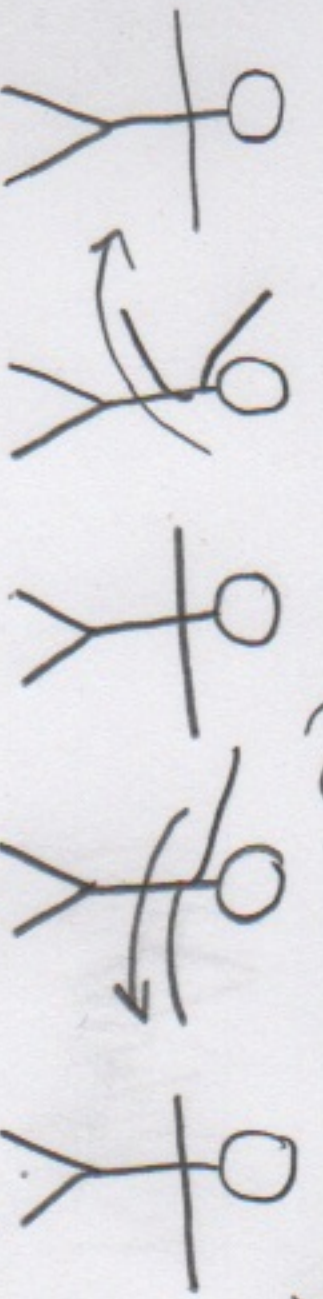
③ Standing Side Bends (crescent) w/ breath  
 (2XS / SIDE)

inhale exhale inhale exhale inhale  
 inhale exhale inhale exhale inhale



④ Standing Twists (alternating sides) w/ breath  
 (6 BREATHS)

inhale exhale in ex in  
 inhale exhale in ex in



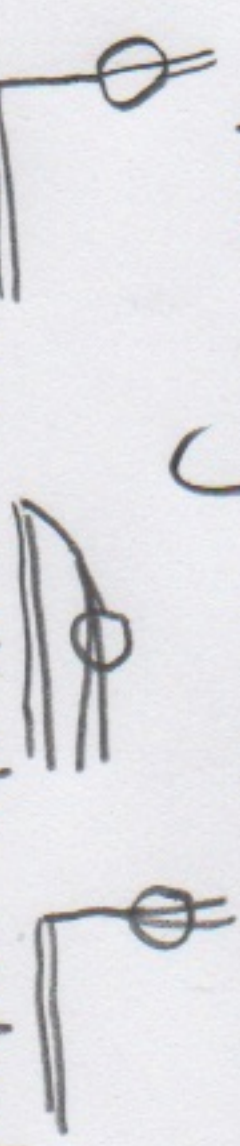
⑤ ANYONE'S ASANA / MONKEY w/ breath  
 (3 breaths / side > exhale forward)  
 (arms up & down)



⑥ CHILD'S POSE (6 BREATHS)

⑦ PASCCHIMOTTANASANA (6 BREATHS)  
 MOVING + BREATHING

inhale exhale inhale  
 inhale exhale inhale



⑧ MARICHIYASANA 3-TWIST AWAY FROM THIGH  
 (4 BREATHS / SIDE)

⑨ ROUNDING BELT (6XS)

inhale exhale  
 inhale exhale

⑩ SAVASANA - (3 minutes)



⑪ 3 PART BREATH AGAIN - 8/12 RATIO  
 (4 ROUNDS)



⑫ SIT QUIETLY 3-10 MINUTES  
 GAZE AT OBJECT OF LOVE.

