

START

Mountain
(Inhale)



STEP 1:
Mountain
(Exhale)



STEP 10:
Reach Upward
(Inhale)



STEP 11:
Mountain
(Exhale)



STEP 2:
Reach Upward
(Inhale)



STEP 9:
Fold Forward
(Exhale)



STEP 3:
Fold Forward
(Exhale)

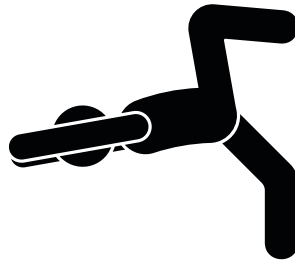


SUN SALUTATIONS

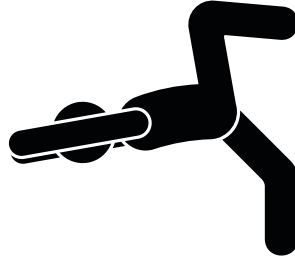
When doing this salutation, face the sun.



STEP 8:
Lunge
(Inhale)



STEP 4:
Lunge
(Inhale)



STEP 7:
Downward Dog
(Exhale)



STEP 6:
Upward Dog
(Inhale)



STEP 5:
Plank
(Exhale)

