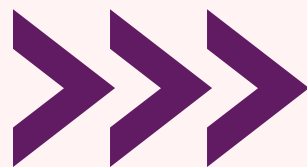


[illegible]

1st Yoga Class

OF 20 MINUTES



Savasana page 3

SIT FOR A MOMENT



SIDE
TWIST



TWIST



SELF HUG



OPEN
THE
CHEST



SHOULDERS
EXTENSION +
SPINE
MOVEMENT



BUTTERFLY



HALF SPLIT



CAT COW



HIP
EXTENSION



HIP ROTATION



OTHER LEG



DRAWING
CIRCLES WITH
THE
SHOULDERS



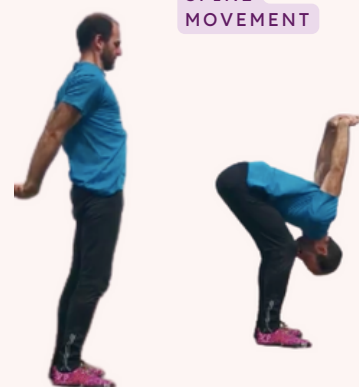
CACTUS



WINDMILL



SHOULDER
EXTENSION +
SPINE
MOVEMENT



FORWARD FOLD



CHILD POSE



COBRA



KNEES TO
CHEST



BANANASANA



SPINAL TWIST



1st Yoga Class

OF 20 MINUTES

Savasanas

THESE POSTURES
CAN BE USED AS
SAVASANA AT THE
END OF THE
SESSION OR IN
SEPARATE
PRACTICE TO
RELAX BODY'S
TENSIONS



Restorative

BUTTERFLY



OPEN CHEST WITH BACK SUPPORT

