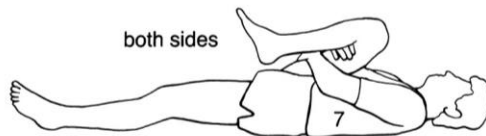
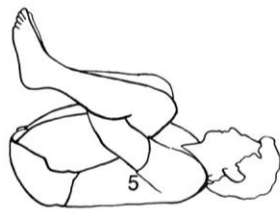
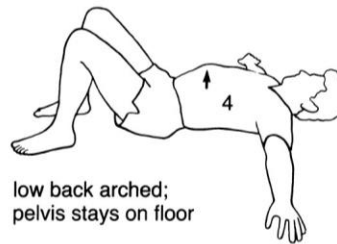
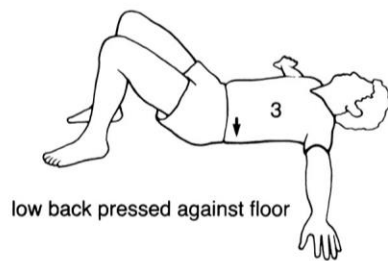
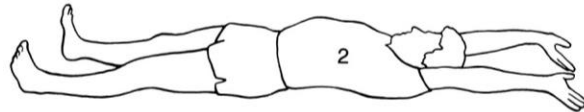
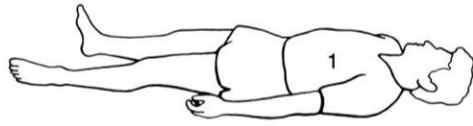
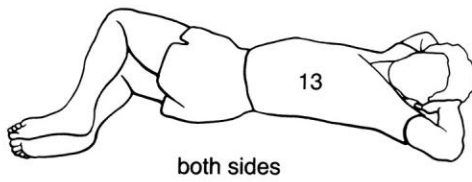
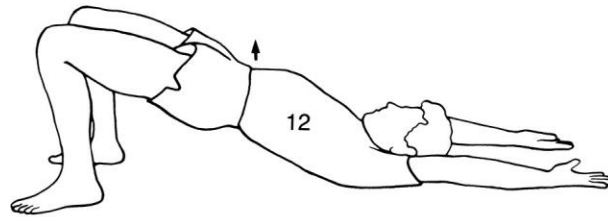
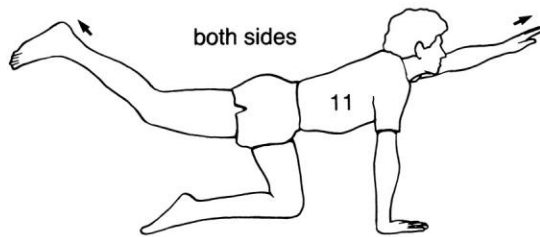
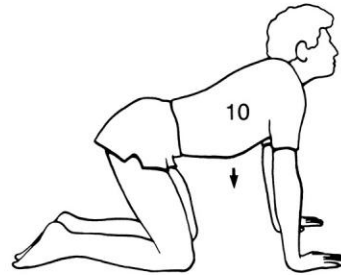
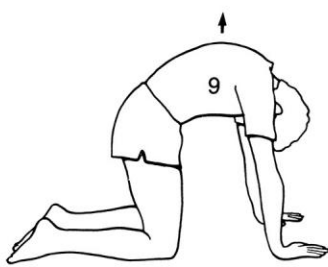
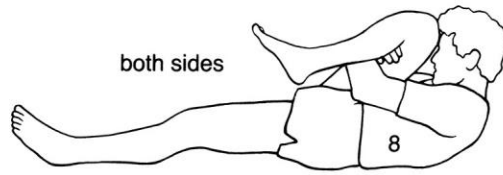
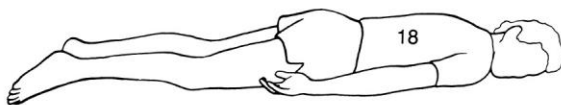
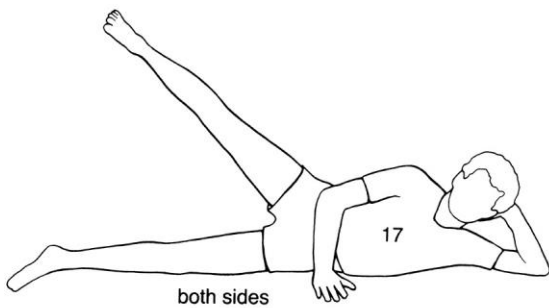
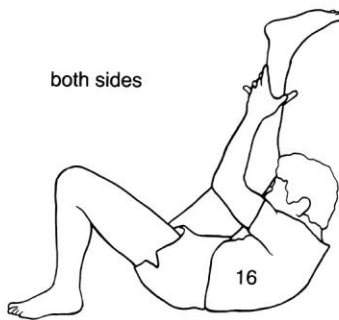
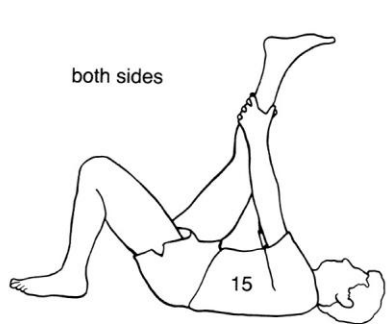
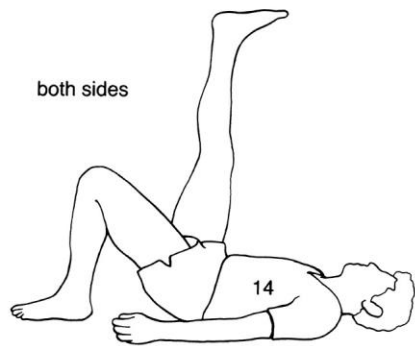
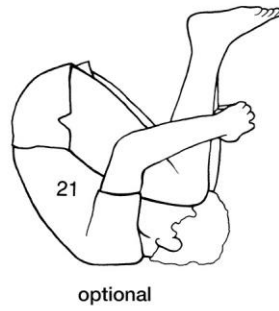
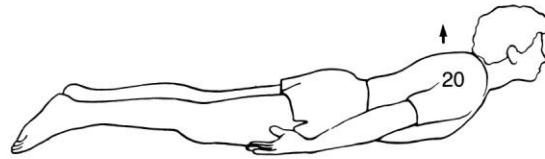
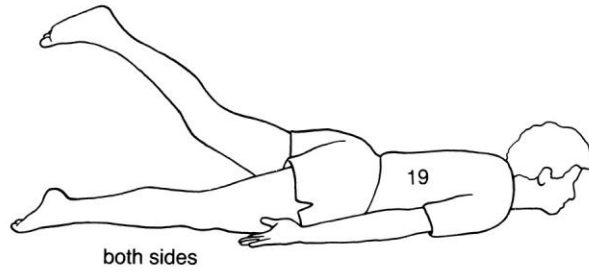


SEQUENCE OF LYING DOWN YOGA POSTURES

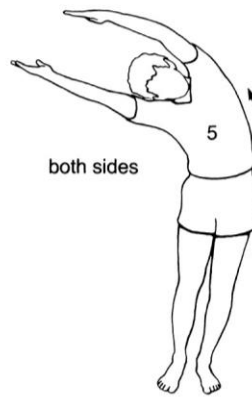
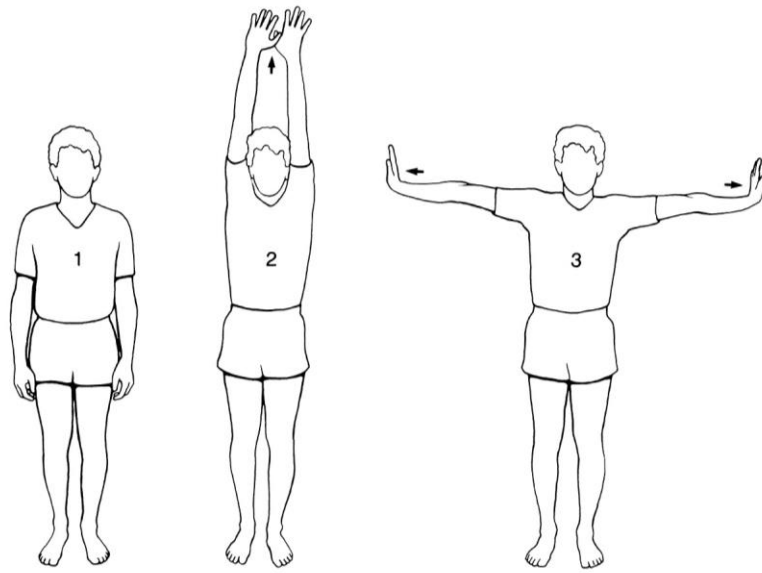




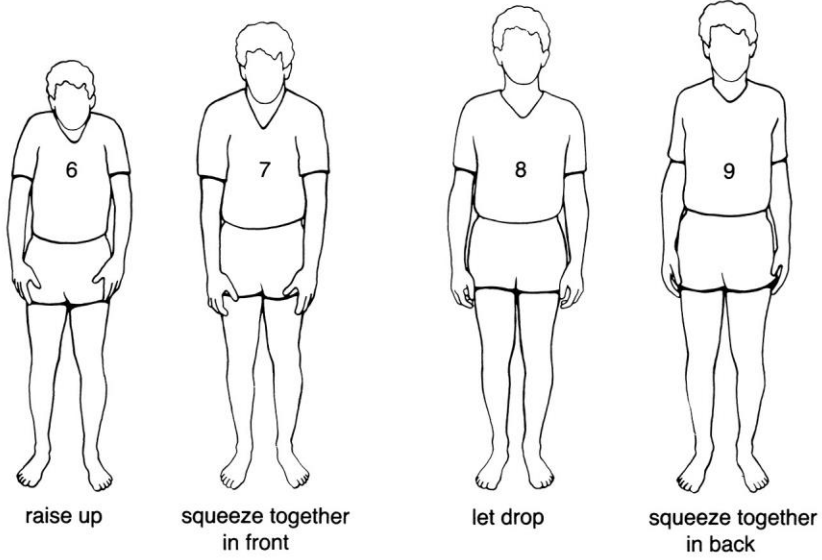




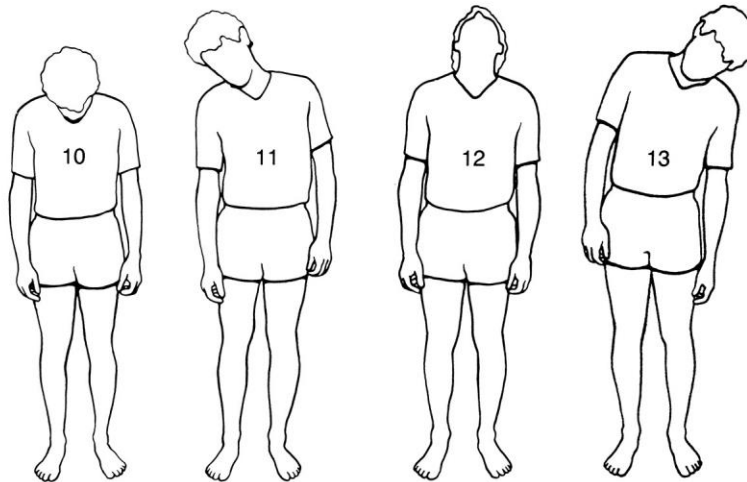
SEQUENCE OF STANDING YOGA POSTURES

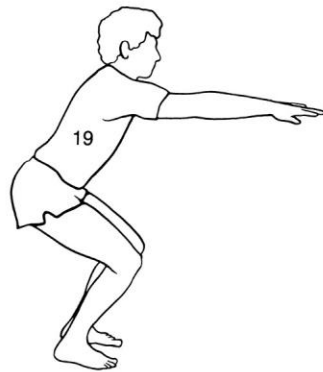
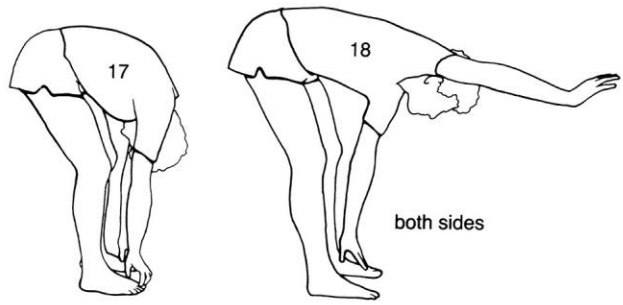
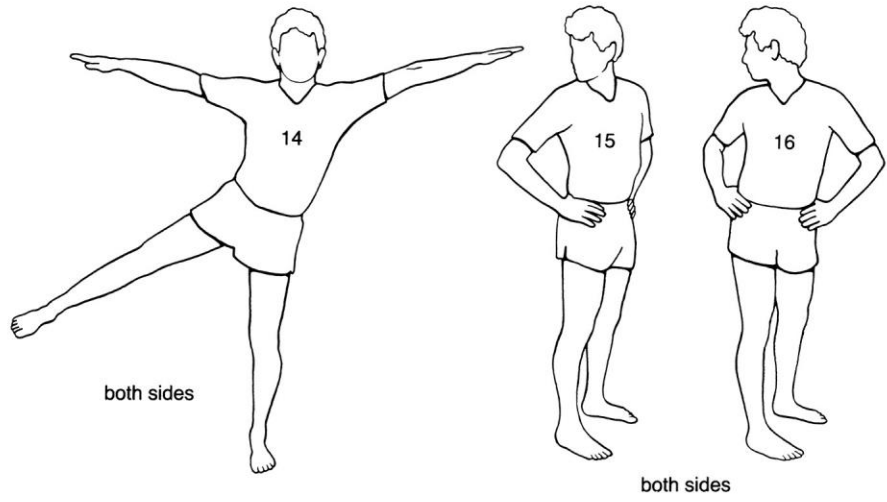


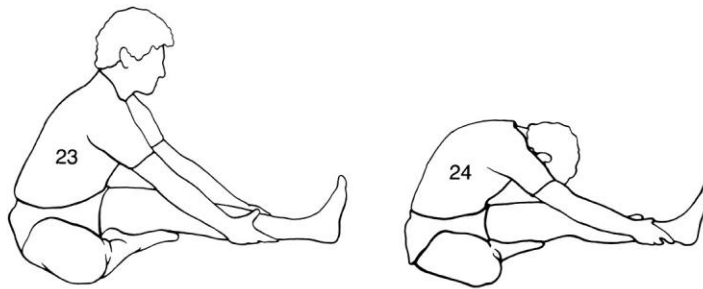
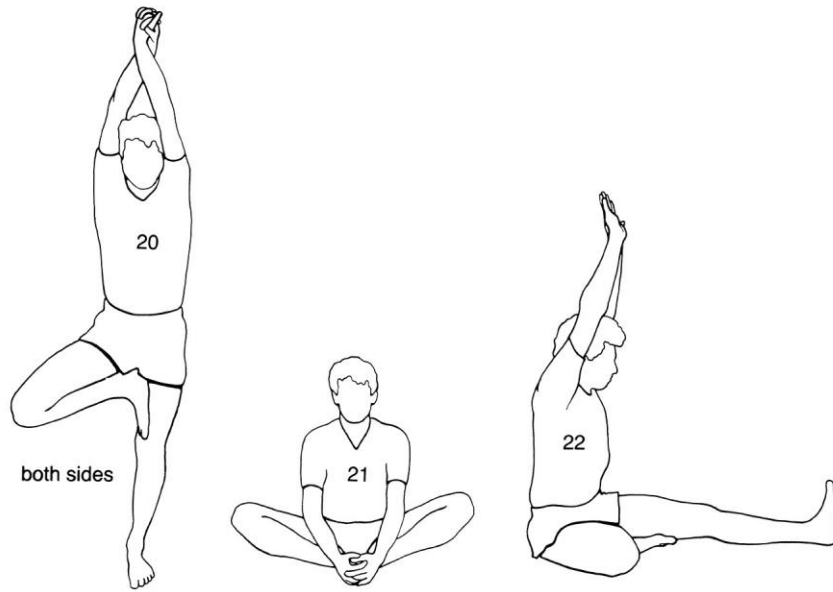
shoulder rolls: do in forward, then backward directions



neck rolls: do in one direction, then the other







repeat 22 to 24 on other side

