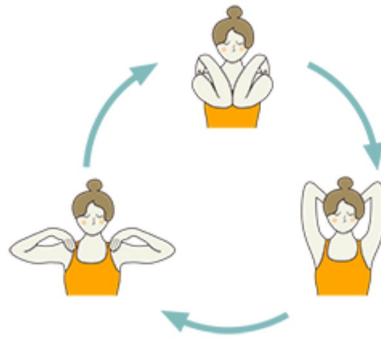




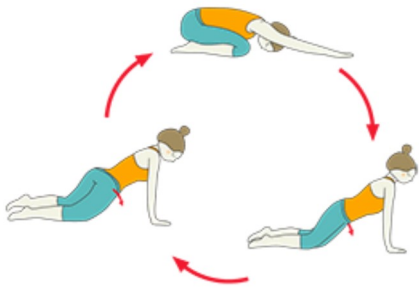
1. Seated Cat Cow Pose  
Upavistha Bitilasana Marjaryasana



2. Shoulder Socket Rotation  
Skandha Chakra



3. Easy Pose Variation Side Bend  
Sukhasana Variation Side Bend



4. Child Pose Hip Circles Flow  
Balasana Hip Circles Vinyasa



5. Child Pose Bolster  
Balasana Bolster



6. Reclined Butterfly With Bolster  
Supta Baddha Konasana Bolster

Or

7. Or



8. Reclined Butterfly Pose  
Blocks Under Hips  
Supta Baddha Konasana Blocks Under Hips



9. Supported Bharadvaja Twist Pose  
Salamba Bharadvajasana



10. Supported Bharadvaja Twist Pose  
Salamba Bharadvajasana



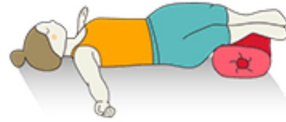
11. Legs up the Wall Pose

Or

12. Or Section



13. Reclined Legs Raised Pose  
With Bolster Viparita Karani  
Bolster



14. Supine Spinal Twist Pose li  
Bolster Under Legs Supta  
Matsyendrasana li Bolster Under  
Legs



15. Wind Release Pose  
Pawanmuktasana



16. Corpse Pose Blankets  
Bolster Savasana Blankets  
Bolster