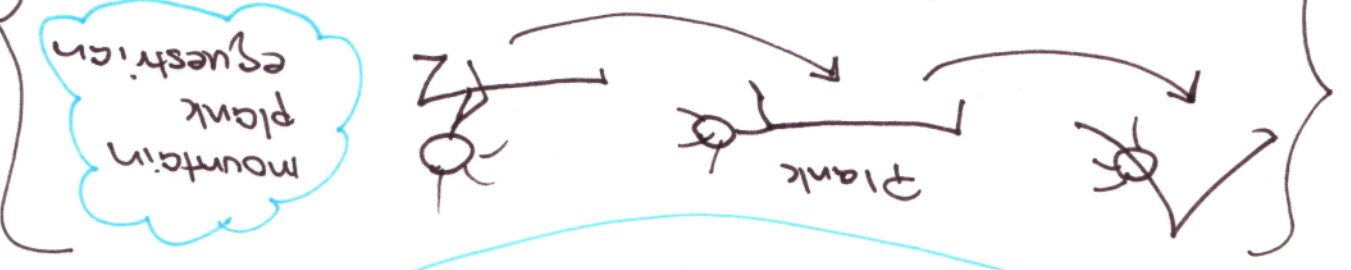
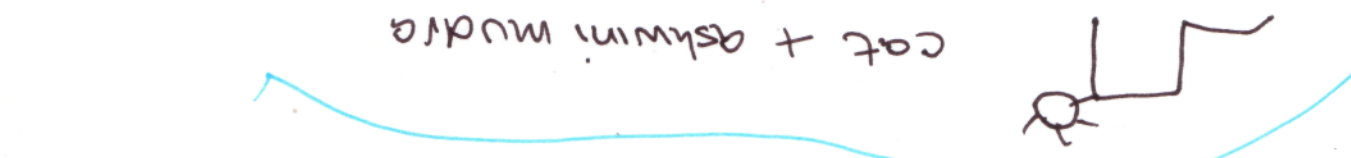


cat + ashwini mudra + chakra awareness



spinal twist from vajrasana



mountain plank equestrian

+ optional extra

knees chest chin + shalabhasana

Warrior Sequence



To Both sides

Lift right arm + head



Shalabhasana

Jalandhara Bandha + Bhakti Pranayama



Sit quietly

