

Gentle Program

22



Shavasana
+ alternate arm stretch

+ abdominal breath
middle chest
Full complete breath



(Bring one knee in)
Psoas stretch



Kandarasana



Cat pose



dynamic moon pose



chest opener



arm raises
inhale up
exhale to back
inhale up
exhale down



Balance
(Tadasana)



chaki cholasana
(stirring motion)



abdominal strengthener

inhale
exhale to lift
inhale to lower
exhale rest



sphinx



spinal twist



shavasana

22