

- Sweep up to standing with arms up—
hinge to right and left



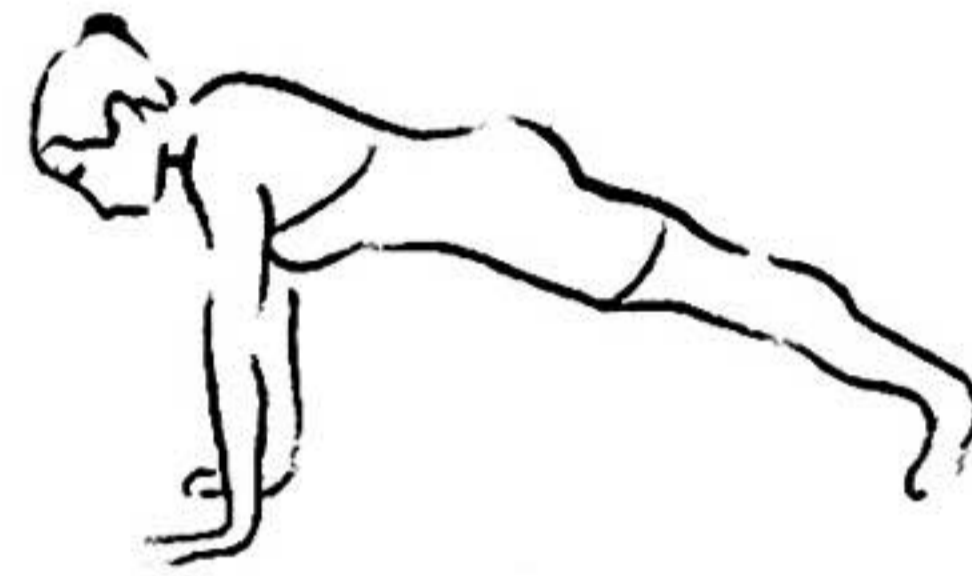
- Left Leg—Warrior 1



- Left Leg—Warrior 2



- Top of a Push-Up



- Downward Facing Dog



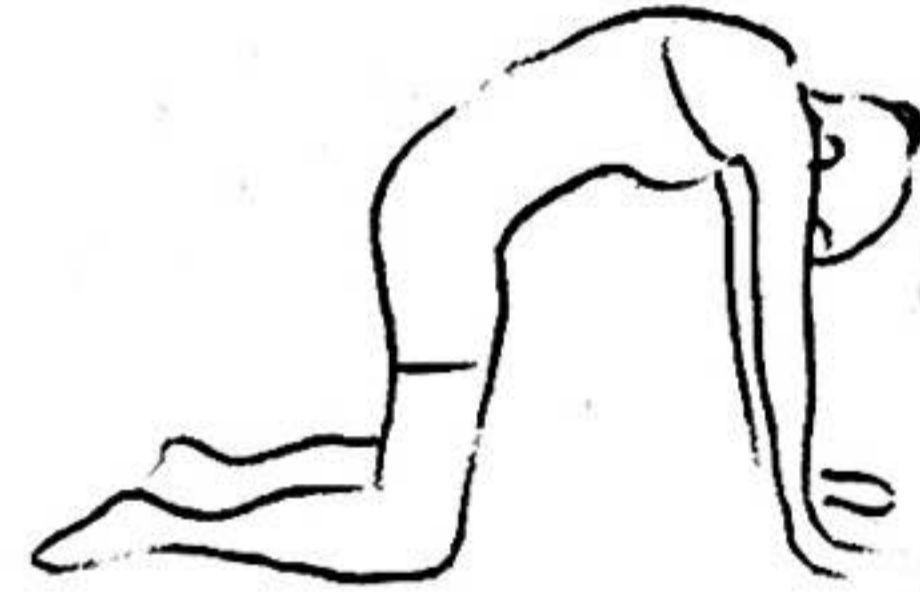
- Step forward to a Forward Fold



- Camel Pose



- Cat/Cow Pose



- Camel Pose



- Cat/Cow Pose

