

- Headstand—Please skip if you are not ready for one



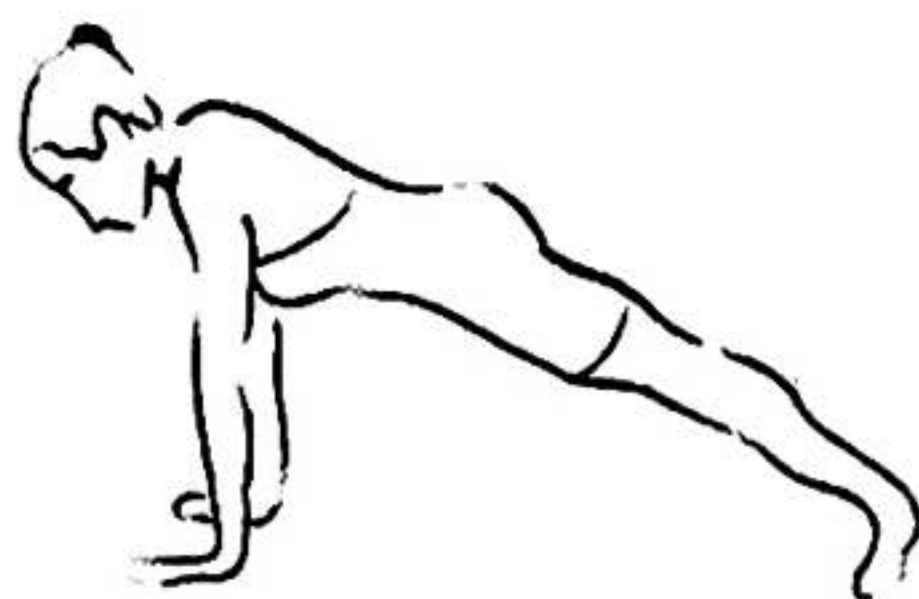
- Pigeon Pose on the right



- Pigeon Pose on the left



- High Push-Up



- Downward Facing Dog



- Step the feet forward to a Forward Fold



- Sweep up to standing



- Close in Mountain with your hands in prayer at your heart center



- Either lie or sit comfortably on your mat for 5–10 minutes of meditation.

