













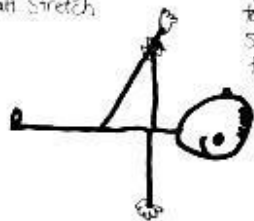
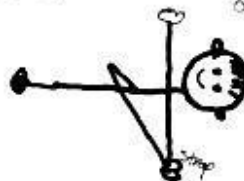
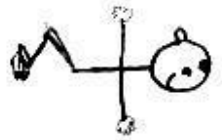
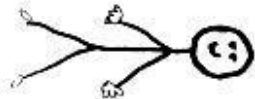



Yoga fo

Movements, Stretches + Additions to Series

<p>Shoulder Circles</p>  <p>Roll shoulders Backwards</p>	<p>Strap</p>  <p>slowly lift strap in front of torso lower strap behind back keep arms straight</p>	<p>Wrist Stretch</p>  <p>fingers point up towards ceiling press palms away from each other firm shoulder blades</p>	<p>Wall Clock</p>  <p>place palm on wall slowly and incrementally slide hand down wall behind back</p>
<p>Wrist and Forearm Stretch</p>  <p>Sit on heels turn fingers to face torso lean back slowly</p>	<p>Quad Stretch</p>  <p>Stand on one leg bend opposite knee clasp feet behind back with hand or strap lengthen thigh towards floor</p>	<p>Reclined Ouchasana</p>  <p>bad knees and place one foot next to hip you may need to sit on a block or blanket to do this lengthen thigh away from pelvis slowly lean back</p>	<p>Ouchasana</p>  <p>place one shin against wall toes pointing toward ceiling bring other foot under knee lengthen thigh down lengthen spine up</p>
<p>Tree</p> 	<p>Warrior I</p> 	<p>Side Angle</p> 	<p>Cow Face</p> 
<p>Hip Opener</p>  <p>Cross ankle over opposite thigh stay there or bend knee towards chest</p>	<p>Hamstring Calf Stretch</p>  <p>Take strap around foot extend leg reach through heel bottom leg can be bent or straight</p>	<p>Side Hamstring and Calf Stretch</p>  <p>Spiral leg so toes turn out slowly lower leg towards floor opposite leg bent or straight</p>	<p>IT Band Stretch</p>  <p>Spiral thigh so toes turn in direction of opposite leg keep legs straight slowly cross lifted leg over center of body</p>
<p>Reclined Twist</p> 	<p>Relaxation</p>  <p>eyes closed</p>	<p>Lines 11,2 can be done separately Lines 3,4 can be incorporated into series on other side</p>	<p>Twist</p>  <p>Sit upright bring one foot to side of opposite thigh wrap arm around opposite knee lengthen spine twist</p>