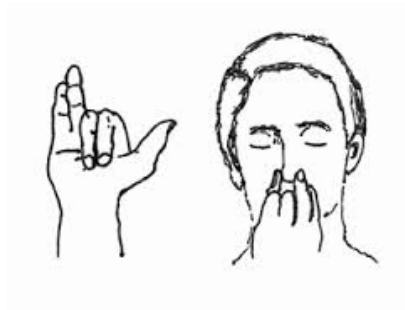
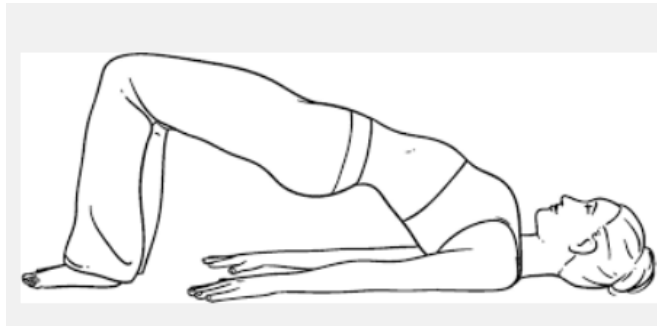


## Alternate Nostril Breath



## Back roll

### Bridge Pose / **Setu Bandha Sarvangasana**



### Boat Pose Paripurna Navasana



**Cow face poser Gomukhasana**



**Candle breathe Pranayama**



**Cat to cow (dog) Marjaryasana to Bitilasana**



**Chair Pose Utkatasana**



**Childs pose Balasana**



**Fire Hydrant Myrtle Exercises w/ roll**



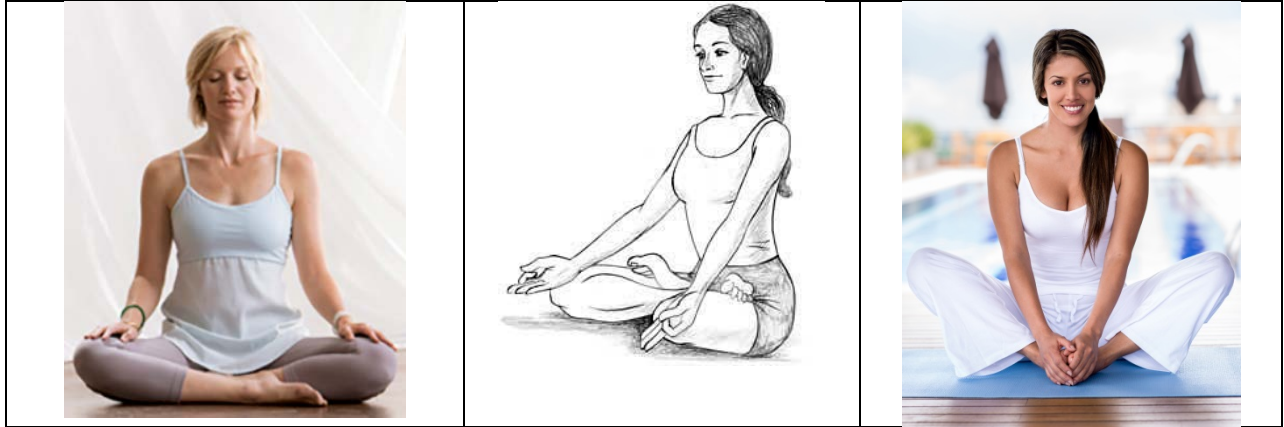
**Half Locust pose – Ardha Shlabhasana**



**Full Locust Pose Poorna-Salabhasana**



**Lotus position**

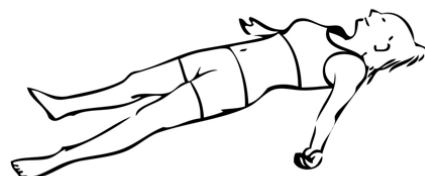


**OM** is a mantra, or vibration, that is traditionally chanted at the beginning and end of yoga sessions. It is said to be the sound of the universe. What does that mean? Somehow the ancient yogis knew what scientists today are telling us—that the entire universe is moving.

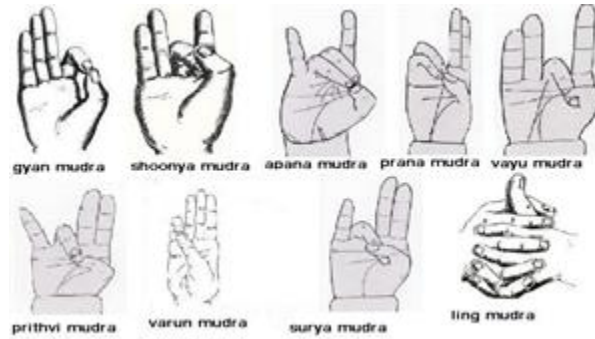
**Reclining Hand-to-Big-Toe Supta Padangusthasana**



**Savasana on the back. I am here for the Savasana ; )**



Mudra While some **mudras** involve the entire body, most are performed with the hands and fingers. Shoulder rolls, hold strap behind back. Link hands behind back



### Sukasana Lotus



### Sun Salutation Surya Namaskara



### Tadasana Mountain



### Thread the Needle Parsva Balasana

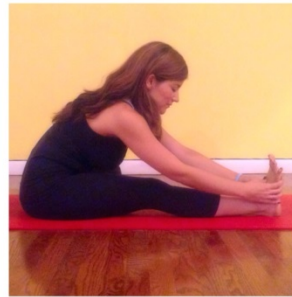
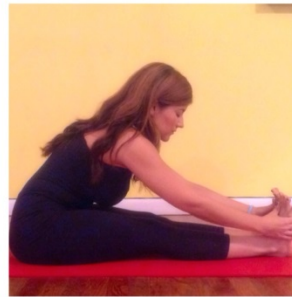




## Vriksasana Tree



## Tree sitting



## Ujjaya Breath Pranayama

Ujjayi (pronounced oo-jai) is an ancient yogic breathing technique that helps calm the mind and body. Commonly translated as “victorious breath,” Ujjayi has a balancing influence on the entire cardiorespiratory system and releases feelings of irritation and frustration. Take an inhalation that is slightly deeper than normal. With your mouth closed, exhale through your nose while constricting your throat muscles. If you are doing this correctly, you should sound like Darth Vader from Star Wars.

## Virabhadrasana (Warrior pose )



