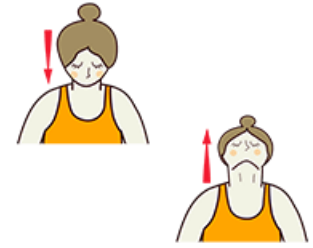


Opening

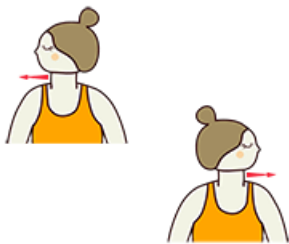
Sun Salutation



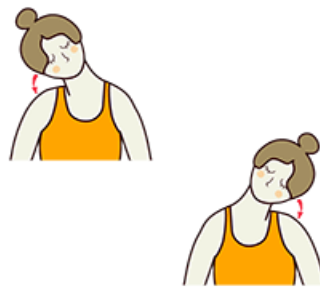
1. Kundalini Spinal Warmup

2. Sun Salutations

3. Up-Down



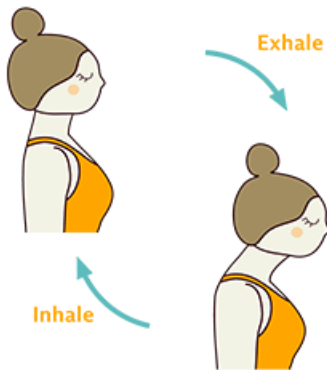
4. Left-Right



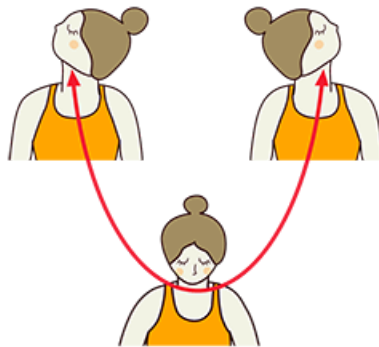
5. Ear to Shoulder



6. Sniff Test



7. Turtle



8. U Rotation



9. Isometric Press Back



10. Isometric Press Forward



11. Isometric Press Side

6B Inhale-Exhale



12. Revolved Bound Angle Pose

8B

Inhale-Exhale



13. Seated Neck Rolls

8B

Inhale-Exhale



14. Seated Shoulder Rolls

6B

Inhale-Exhale



15. Twisted Pose

6B

Inhale-Exhale



16. Head to Knee Pose

6B

Inhale-Exhale



17. 3 Part Rib Opener

8B

Inhale-Exhale



18. Easy Pose Raised Arms Pose



19. Cat Cow Pose

6B

Inhale-Exhale



20. Thread the Needle Pose

4B

Inhale-Exhale



21. Rabbit Pose

4B

Inhale-Exhale



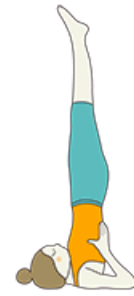
22. Upward Facing Dog Pose

6B

Inhale-Exhale



23. Fish Pose



24. Shoulderstand Pose

Closing

25. Bridge to Savasana