

Starting Poses

1. Kundalini Spinal Warm-Up



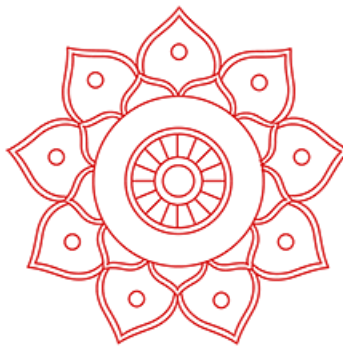
2. Breath Awareness & 3 Part Breath



3. Resting Pose



4. Namaste, fingers spread



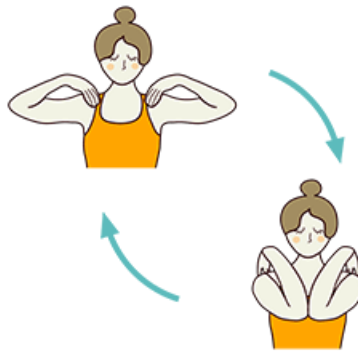
5. Energy Ball Breath



6. Namaste, fingers together



7. Namaste to Side



8. Hands on Shoulders, hinge forward



9. Magic Carpet Arms



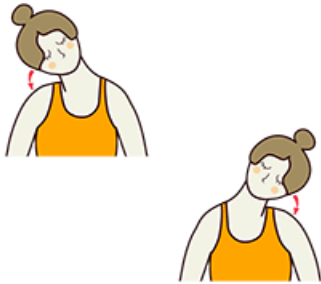
10. Alternate Shoulder Shrugs



11. Shoulder Rolls



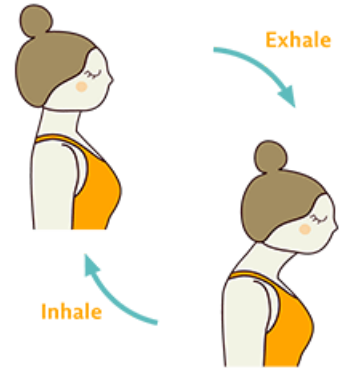
12. Neck Stretch/Chin Lock



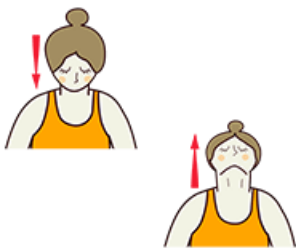
13. Neck Side Stretch



14. Neck Side Twist



15. Turtle Neck



16. Neck Bend (hold up)



17. Switch Legs



18. Goddess Arms



19. Goddess Arm Lift



20. Shoulder Blade Squeeze



21. Alternating Backstroke



22. Seated Wipers



23. Legs Up

Finishing Sequence

24. Bridge to Savasana



25. Music