

Warm ups



push/pull feet

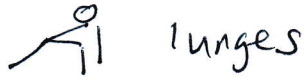
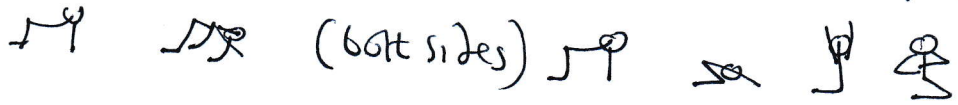


bridge

wrists



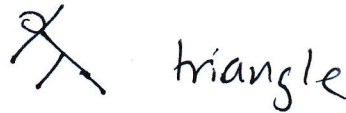
kneeling sun salutation



lunges

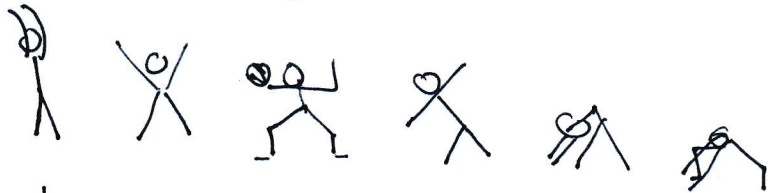


head to knee f bend



triangle

moon salutation



half moon

