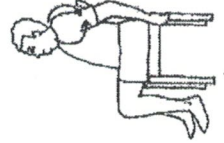


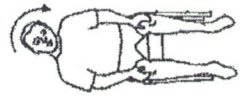
Physical Poses



Wrist Rotation



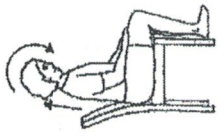
Shoulder Rotation



Head to Left



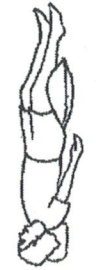
Head to Right



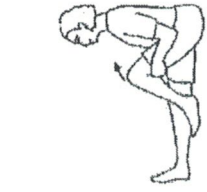
Head Forward



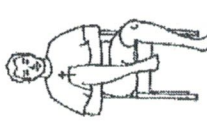
Relax on Side



Relax on Back



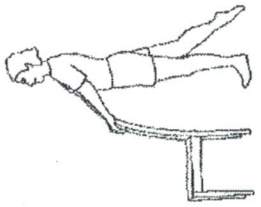
Leg to Chest on Floor



Leg to Chest in Chair



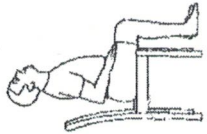
Half Locust
Left Leg Raised Floor



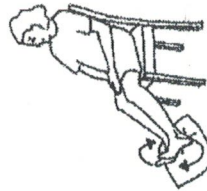
Half Locust
Right Leg Back Chair



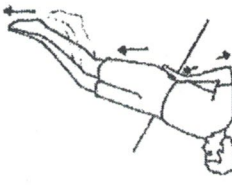
Cobra on Floor



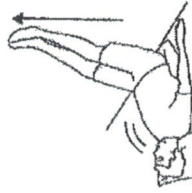
Cobra in Chair



Ankle Rotation



Shoulder Stand
Walking Up Wall



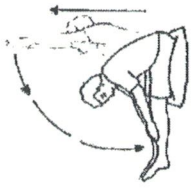
Shoulder Stand
Legs Straight on Wall



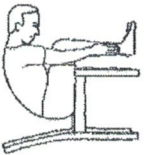
Shoulder Stand
Legs Bent on Wall



Shoulder Stand
Legs Up on Chair



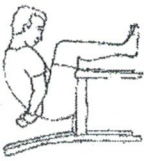
Forward Bend
on Floor



Forward Bend
in Chair



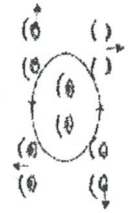
Twist in Chair



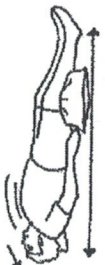
Seat of Yoga
Forward on Chair



Seat of Yoga
Forward on Floor



Eye Movements



Fish II

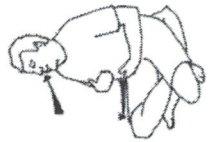


Fish I

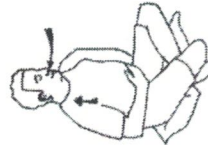
Physical Poses



Belly Breath in Chair



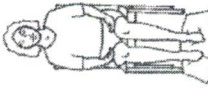
2nd Part
3-Part Breath



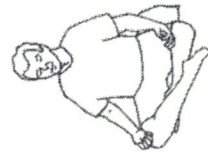
3rd Part
3-Part Breath



Alternate Nostril
Breath

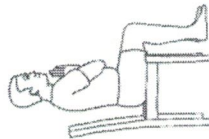


Meditation
in Chair

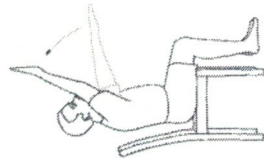


Cross-Legged
Meditation

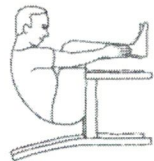
Sun Salutation, Seated Version



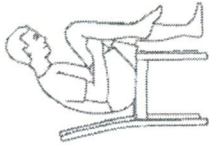
One



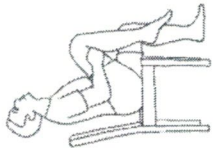
Two



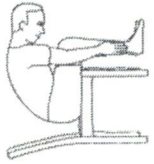
Three



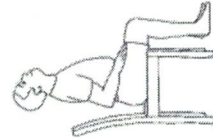
Four



Five



Six



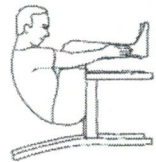
Seven



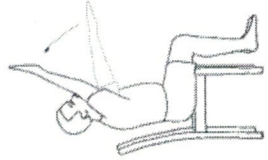
Eight



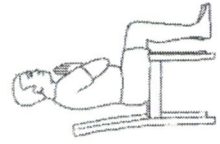
Nine



Ten



Eleven



Twelve