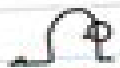


EASY MORNING FLOW



INHALE
Bend to
LEFT

COME ON
TABLE TOP
POSTURE

INHALE
Look up in
Cow

EXHALE
Round your
back in Cat

(2) 2-10 breaths



EXHALE



INHALE
Come back
to TABLE TOP

EXHALE
Left to
Ground DOG (2x)

INHALE
Step feet
backwards

INHALE
Twist, right
ARM to the LEFT (2x)

(2) after 10x



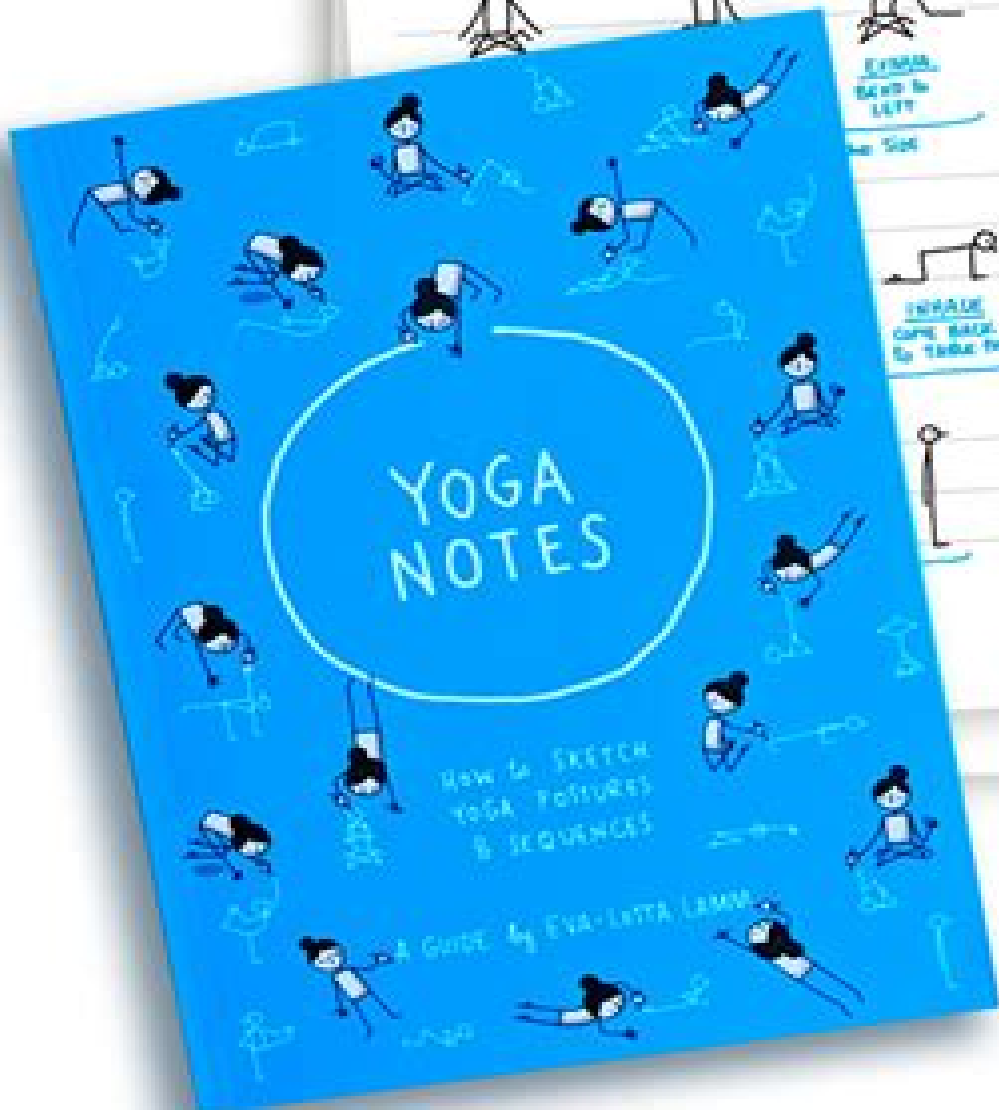
EXHALE

INHALE
Stretch the
ARM UP

EXHALE
Bend to
the LEFT (2x)

Stand in
TAKRANA,
EYES CLOSED
MEDITATE.

(2) after 10x



A Simple Guide To Yoganotes

Puja Mehta



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