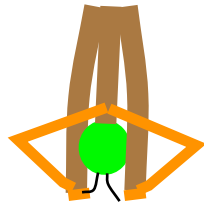




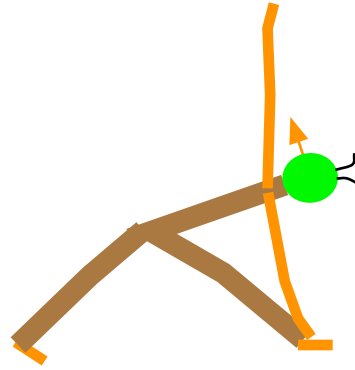
15-20 Minute Session



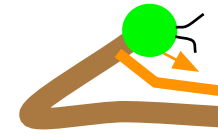
Surya Namaskara A (3 Times)
Surya Namaskara B (2 Times)



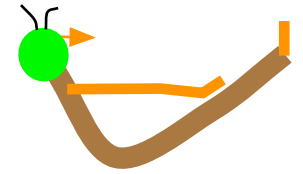
Padangusthasana
Bend forward
Hold Toes
gaze -> nose



Trikonasana
Left
Right
gaze -> palm



Paschimottasana
Sitting forward bend
gaze -> toes



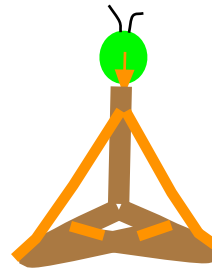
Navasana
Boat Pose
gaze -> feet
(2 Times)



Sarvangasana
Complete Pose
gaze -> nose



Urdhva Dhanurasana
Bow Pose
gaze -> sky



Padmasana
Lotus Pose
gaze -> nose
(10 breaths)



Savasana
Corpse Pose
gaze -> nowhere
(Gentle breaths)

* All asanas are for 5 breaths unless otherwise mentioned

* Vinyasa between all sitting/lying-down poses