

YOGA

Feb 2019

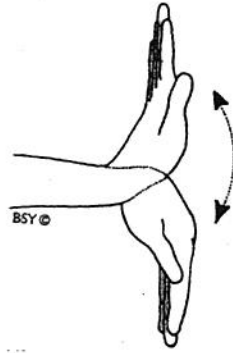
All movements done slowly with awareness:



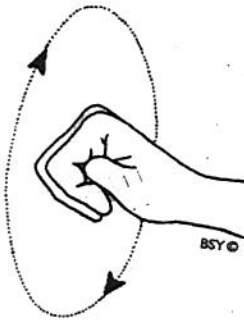
1. Stretch fingers



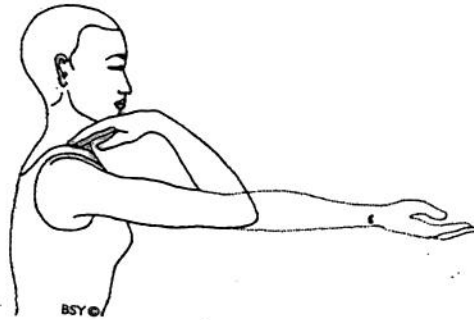
2. make a fist



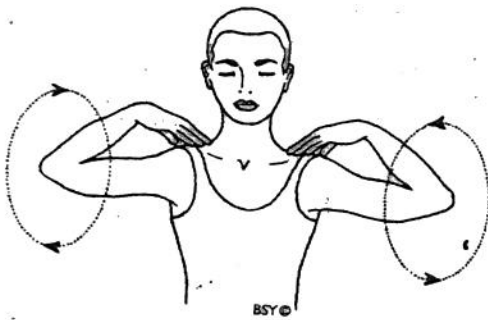
Point finger up and down



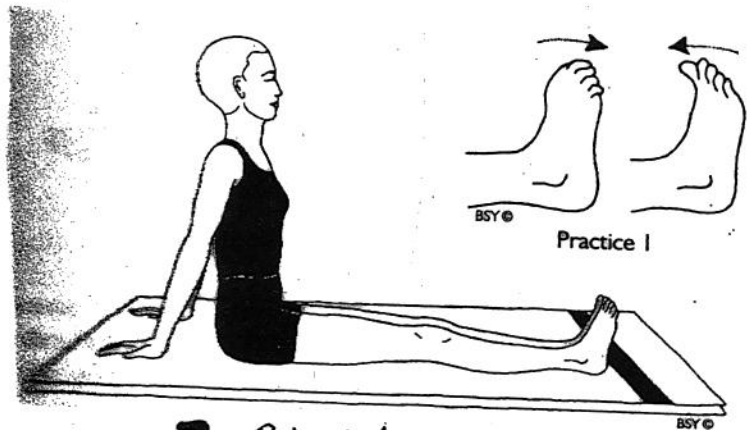
3. Rotate fist



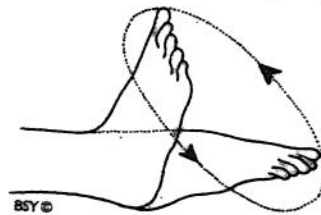
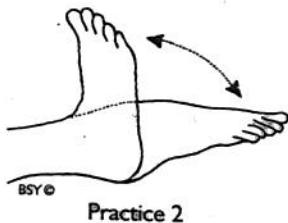
5. Arms out and back



6. Make circles with elbows

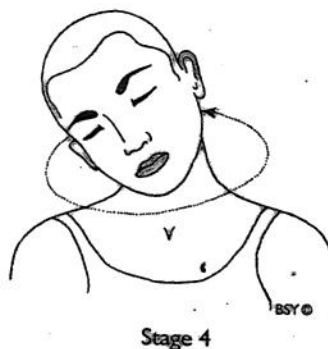
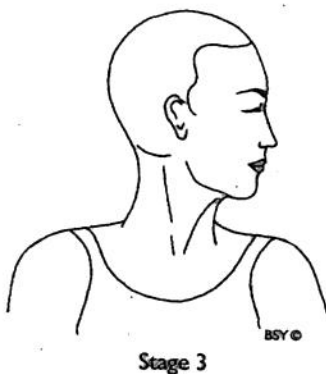


7. Stretch toes forward & back



8. Stretch feet forward and back

8. Rotate feet by making circles with



9. Head up & down, side to side

Rotate head in circles