Begin standing at the front of your yoga mat, feet close, arms by side, palms face in Keep the face relaxed and with awareness to the abdomen breath through the nose Think of this practice as a moving meditation, use the breath to anchor you to "now"



Seated Postures (5 breaths each)

Finishing Postures (5 breaths)

















Oandasana Paschimottanasana (Staff posture) (forward bend)

Marichyasana C (twisting posture) Navasana (bost posture) Urdhva Ohanurasana (upside down bow)

Paschimottanasana (easy forward bend)

Padmesane (sitting) Savasama (refaxation)

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Judd E. Hollander

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