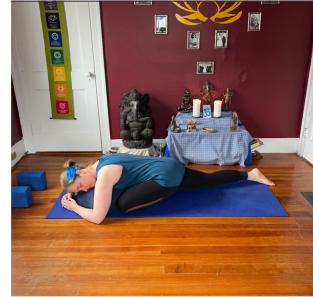




Child - 3min.



Sphinx - 5min.



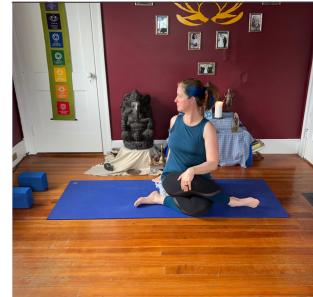
Sleeping Swan -  
5min. each Side



Shoelace - 3min.



Side Bend - 2min.



Twist - 2min.



Supine Butterfly - 3min.



Shavasana



Repeat  
this line  
on other  
side

Spring  
Yin Yoga  
Sequence

