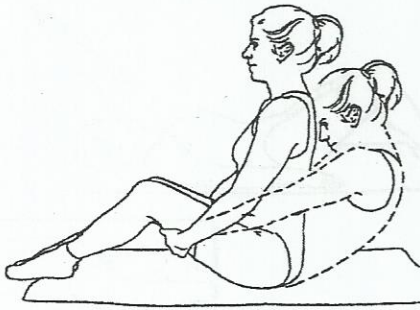


BEGINNER - 2 Half Roll-Down

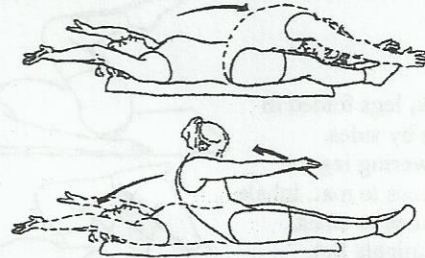


Sit straight, legs bent, hands under thighs. Exhale, slowly rounding back halfway. Inhale, returning.

Repeat 5 times. Do 1 sessions per day.

NOTE: Do not hunch shoulders.

INTERMEDIATE - 3 Roll-Up (Intermediate / Advanced)



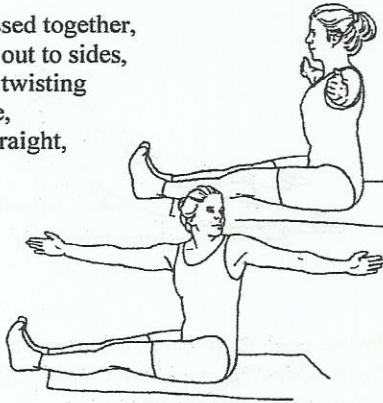
Lie on back, straight legs together, slightly turned out, arms over head. Exhale, rolling up spine, arms reaching forward over legs. Inhale, rolling back halfway. Exhale, rolling down to start.

Repeat 5 times. Do 1 sessions per day.

NOTE: Do not hunch shoulders.

BEGINNER - 20 Twist

Sit up straight, legs pressed together, feet flexed. Reach arms out to sides, palms forward. Exhale, twisting twice to one side. Inhale, returning. Keep arms straight, legs pressed together.



Repeat 8 times, alternating sides.

Do 1 sessions per day.

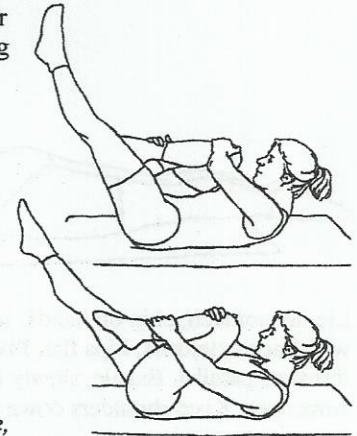
INTERMEDIATE - 6 Single Leg Stretch

Lie on back, opposite hand holding knee to chest, other hand on same shin, other leg at 45°. Exhale, curling up head and upper torso. Holding curl, inhale and change leg and hand positions. Exhale, changing back.

Repeat 8 changes with single breaths.

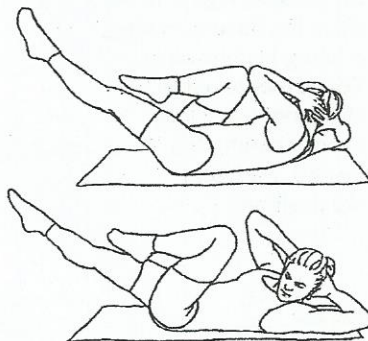
Repeat 2 changes in double time: 2 per inhale, 2 per exhale.

NOTE: Keep navel to spine, back flat.



INTERMEDIATE - 11 Crisscross

Lie on back, legs bent to chest, hands behind head. Exhale, lifting head and upper torso. Twist torso and elbow to opposite knee, extending other leg to 45°. Inhale, twisting to other side, changing legs.

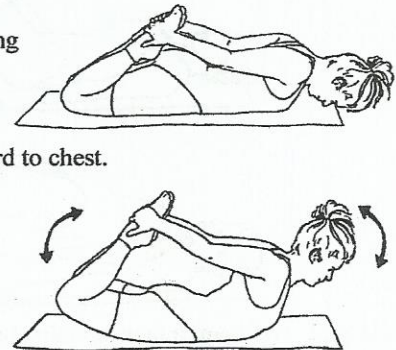


Repeat 8 times. Do 2 sessions per day.

NOTE: Keep navel to spine, back flat.

ADVANCED - 31 Rocker

Lie on stomach, holding ankles. Inhale, lifting to arch, pushing feet against hands. Exhale, rocking forward to chest. Inhale, rocking back to thighs. SLOWLY



Repeat 5 times. Do 1 sessions per day.