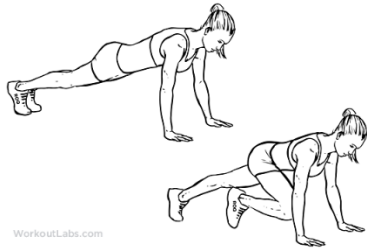


**Exercise 1:**

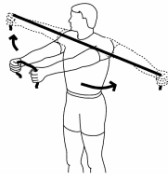


**Exercise 2:**



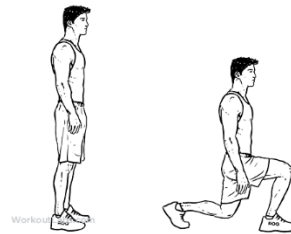
[www.oxgenmag.com](http://www.oxgenmag.com)

**Exercise 3:**



[www.top.me](http://www.top.me)

**Exercise 4**



**Exercise 5:**



[www.blog.dailyyoga.com](http://www.blog.dailyyoga.com) Tip: Lift hand from matt and tap opposite shoulder

**Exercise 6:**



**Exercise 7**



[www.folkwellness.co](http://www.folkwellness.co)

