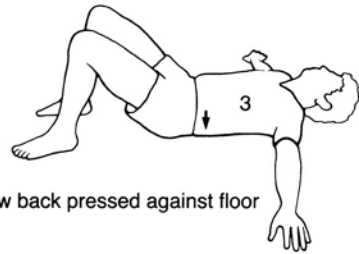
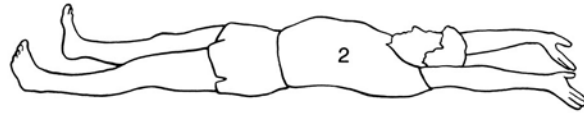
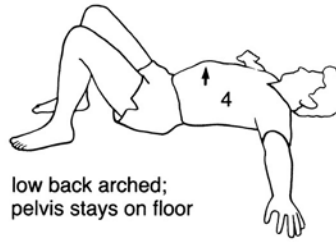


FIGURE 6

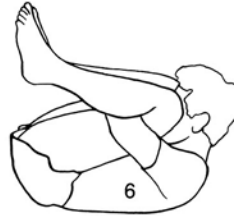
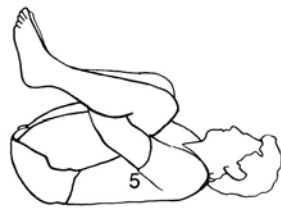
**SEQUENCE OF YOGA POSTURES  
(SERIES 1, CD 2)**



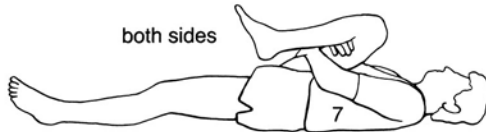
low back pressed against floor

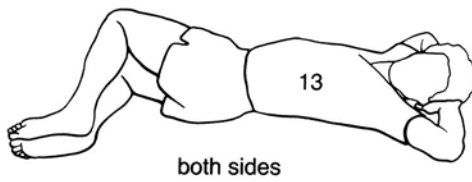
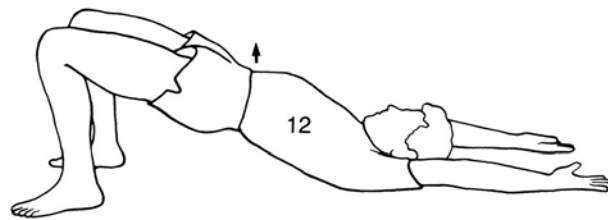
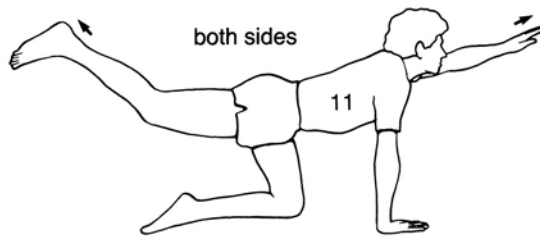
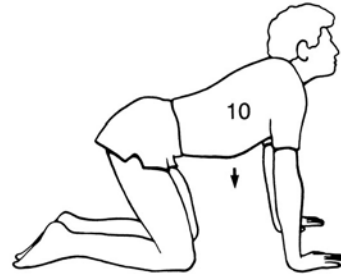
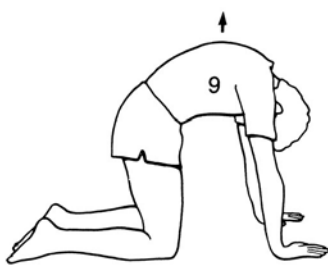
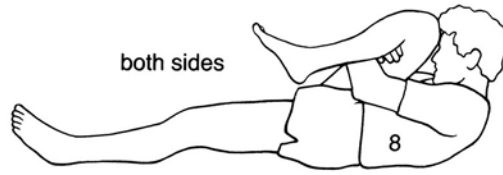


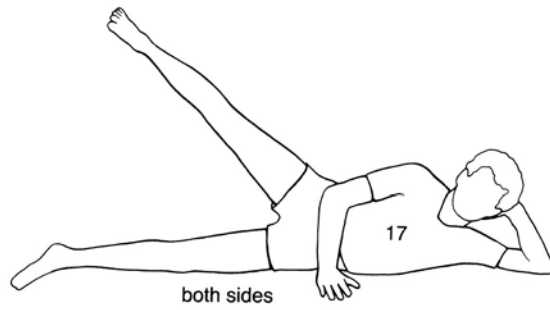
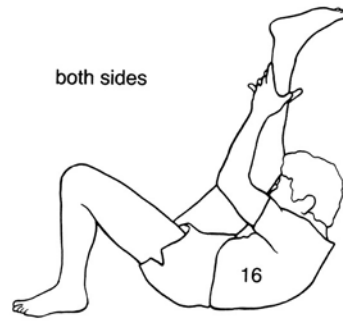
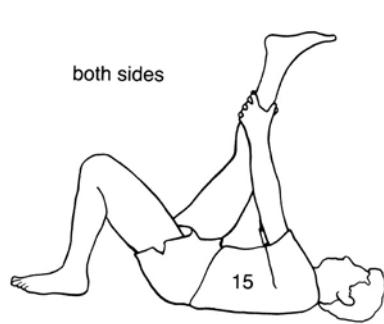
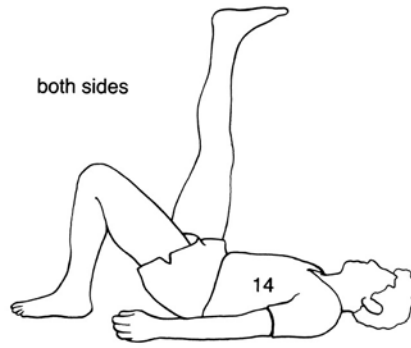
low back arched;  
pelvis stays on floor



both sides







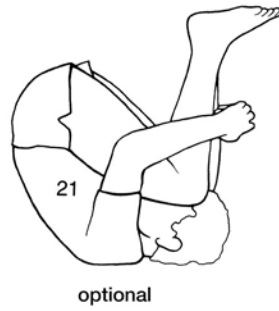
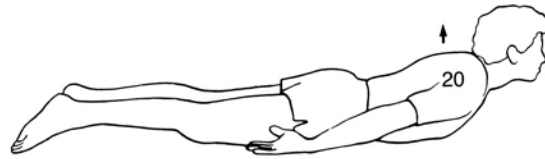
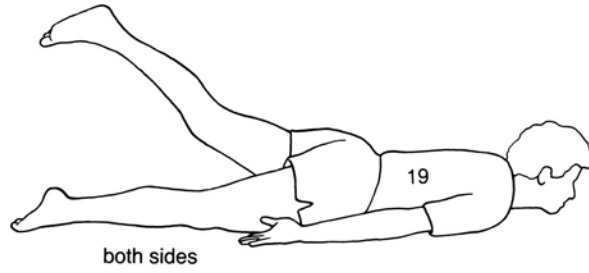
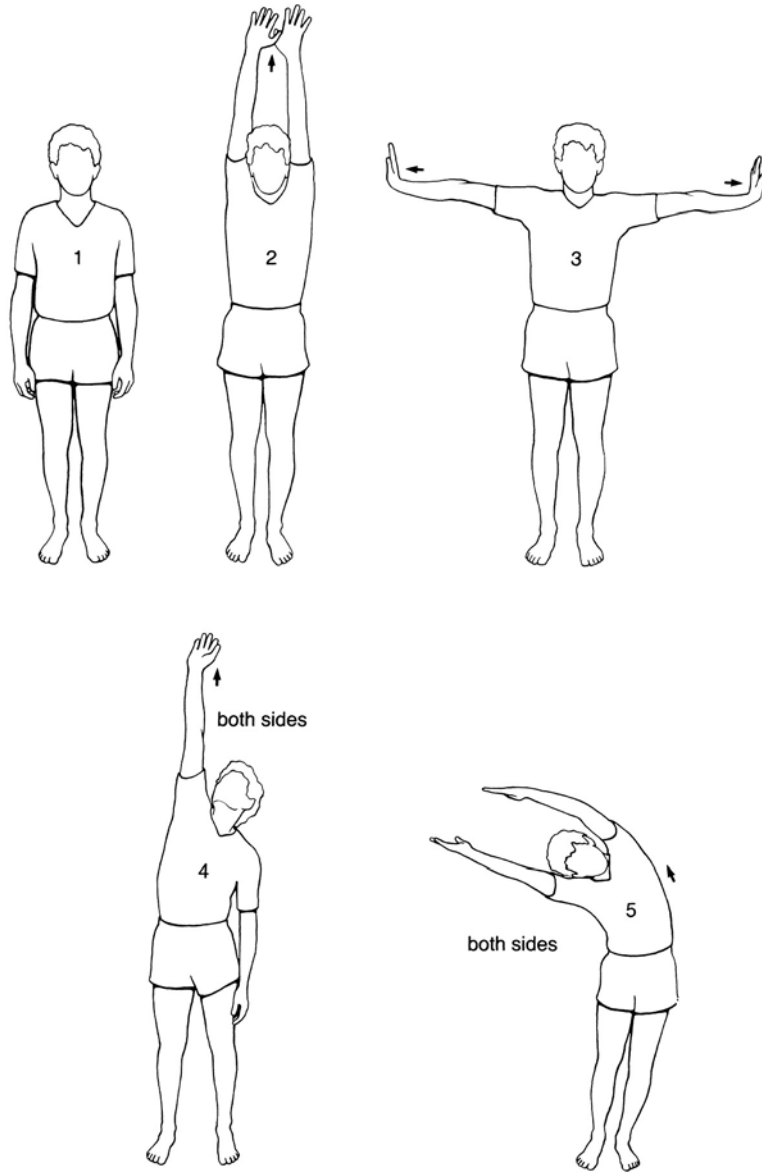
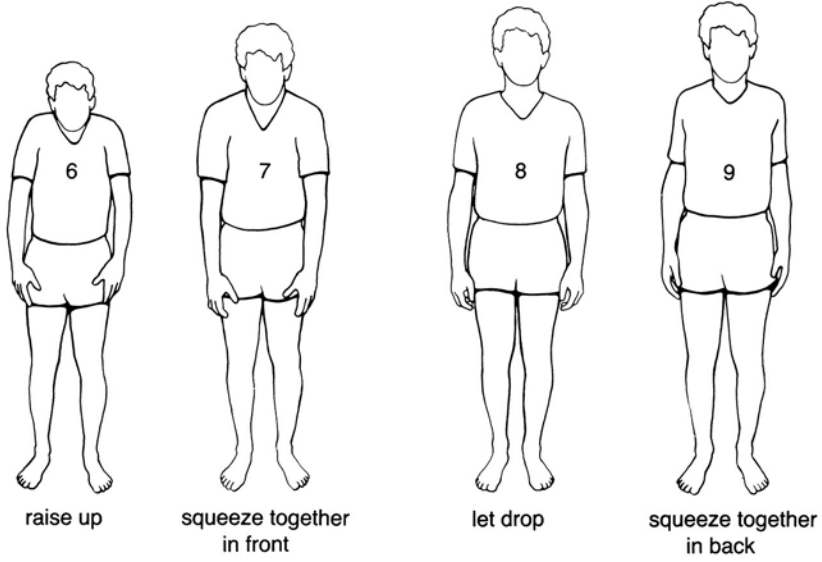


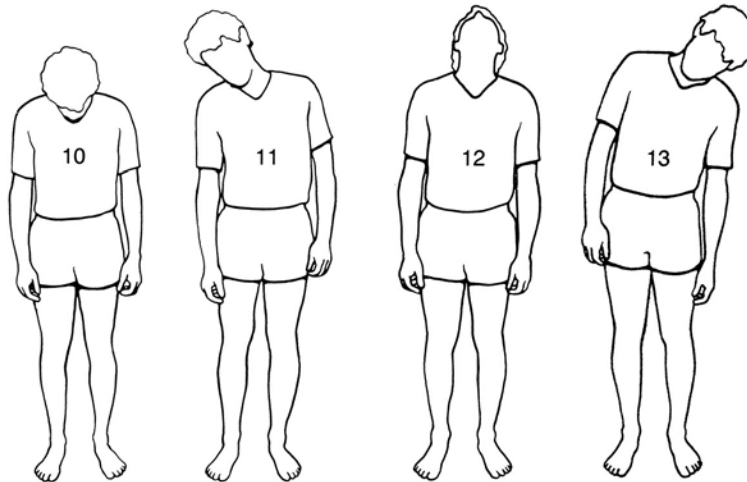
FIGURE 7  
SEQUENCE OF YOGA POSTURES  
(SERIES 1, CD 4)

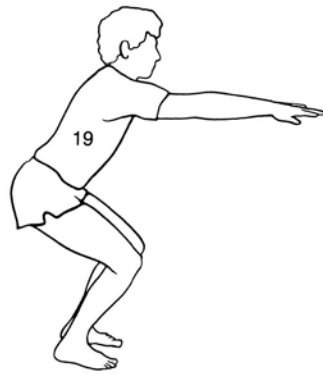
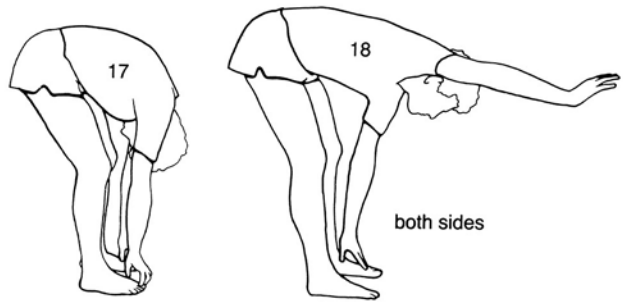
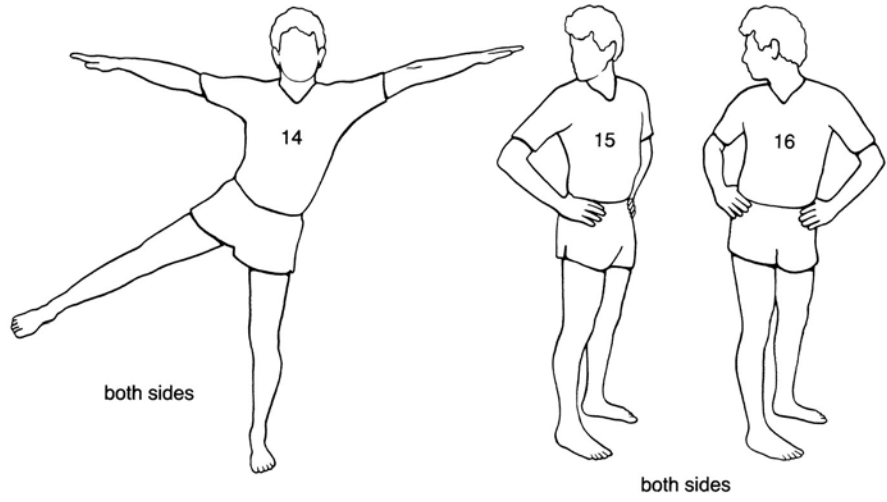


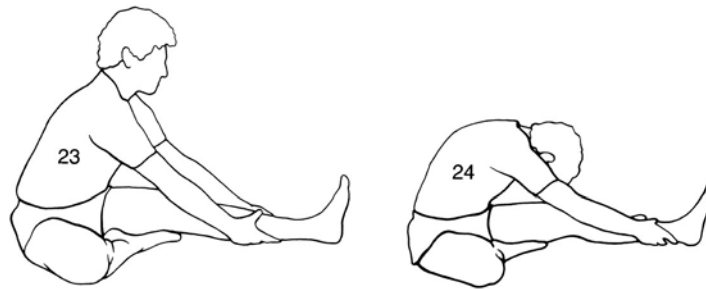
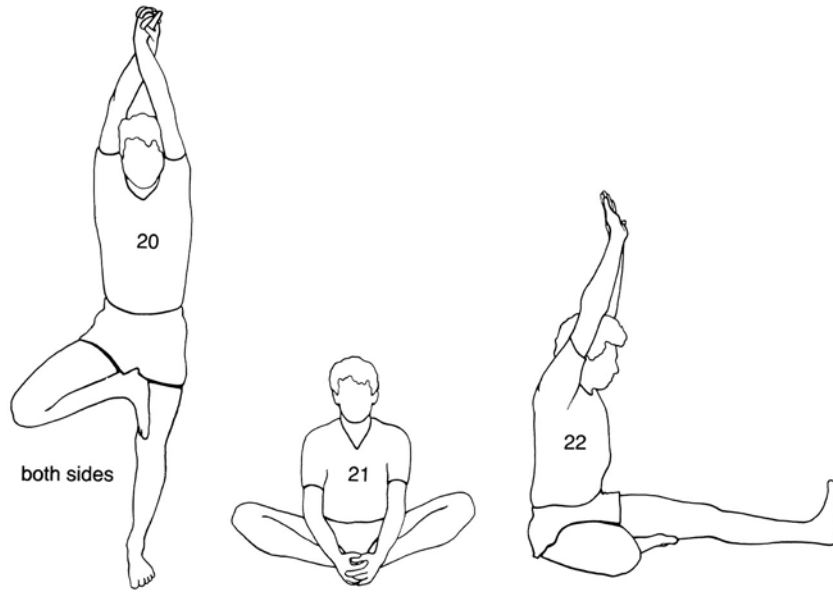
shoulder rolls: do in forward, then backward directions



neck rolls: do in one direction, then the other







repeat 22 to 24 on other side

