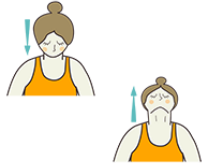


Asana, Pranayama & Mudra Practice for Activating the Breath & Opening the Heart Space

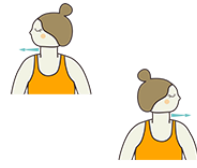
Integrated Care



1. Mountain Pose Tadasana



2. Neck Bend Exercise Close Up



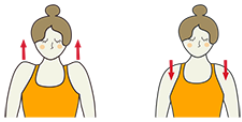
3. Neck Twists Close Up



4. Neck Rotation And Massage



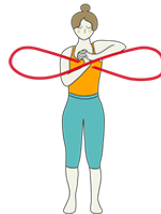
5. Ujjayi Breath Close Up Ujjayi Pranayama Close Up



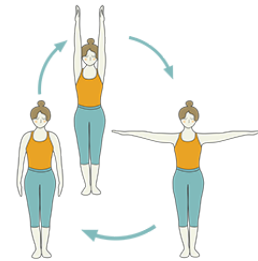
6. Shoulders Lift And Drop Close Up



7. Standing Shoulder Rolls



8. Standing Figure Eight Shoulders Exercise



9. Standing Shoulder Movement



10. Shoulder Stretch Pose With Strap Close Up



11. Standing Side Bend Strap Pose Tadasana Side Bend Strap Pose



12. Standing Side Bend Strap Pose Tadasana Side Bend Strap Pose



13. Chair Pose Block Utkatasana Block



14. Revolved Chair Pose Easy Stretch Parivrtta Utkatasana Sukha Stretch



15. Revolved Chair Pose Easy Stretch Parivrtta Utkatasana Sukha Stretch



16. Wide Legged Mid Squat



17. Standing Wide Legged Pose Hands On Hips Prasarita Tadasana Hands On Hips



18. Reverse Warrior Pose Variation Namaste Hands Viparita Virabhadrasana Variation Namaste Arms



19. Reverse Warrior Pose Variation Namaste Hands Viparita Virabhadrasana Variation Namaste Arms



20. Wide Legged Forward Fold Pose Downward Facing Dog Pose Arms Prasarita Padottanasana Adho Mukha Svanasana Hasta



21. Wide Legged Forward Fold Pose Side Stretch Prasarita Padottanasana Side Stretch



22. Wide Legged Forward Fold Pose Side Stretch Prasarita Padottanasana Side Stretch



23. Half Wide Legged Forward Fold Pose Hands On Hips Ardha Prasarita Padottanasana Hands On Hips



24. Namaste Hands Raised Arms Close Up



25. Standing Backbend Pose Anuvittasana



26. Standing Cat Cow Pose Tadasana Bitilasana Marjaryasana



27. Cow Face Pose Arms Close Up Gomukhasana Arms Close Up



28. Standing Pelvic Circles



29. Circle Of Joy Standing Flow



30. Kneeling Pose Arms Raised



31. Camel Pose Variation 1 Ustrasana Variation 1



32. Half Camel Pose Ardha Ustrasana



33. Half Camel Pose Ardha Ustrasana



34. Half Pigeon Pose Ardha Kapotasana



35. Half Pigeon Pose Ardha Kapotasana



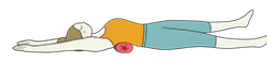
36. Frog Pose I Apaavrita Mandukasana



37. Wide Child Pose Prasarita Balasana



38. Three Part Breath Corpse Pose Dirga Pranayama Savasana



39. Reclining Backbend Over Bolster Hands Behind Head Supta Anuvittasana Over Bolster Hands Behind Head



40. Prithvi Mudra