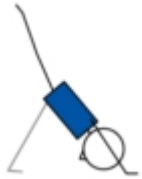
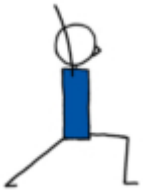
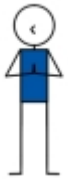
Sun Salutations

 **Mountain Namaste Mudra**	 **Chair**	 **Standing Forward Bend**	 **Halfway Lift I**	 **Four Limbed Staff**	 **Plank On Forearms**
 **Upward Facing Dog**	 **Downward Facing Dog**	 **Warrior I**	 **Downward Facing Dog Split**	 **Low Lunge**	 **Warrior I**
 **Cobra Hands Forward**	 **Downward Facing Dog**	 **Halfway Lift I**	 **Standing Forward Bend**	 **Chair**	 **Mountain Namaste Mudra**

You can create lesson plans like this using the Genie Lesson Planner