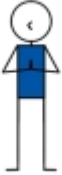















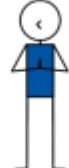


Sun Salutations

| | | | | | |
|--|---|---|---|---|--|
|  <p>Mountain Namaste Mudra</p> |  <p>Chair</p> |  <p>Standing Forward Bend</p> |  <p>Halfway Lift I</p> |  <p>Four Limbed Staff</p> |  <p>Plank On Forearms</p> |
|  <p>Upward Facing Dog</p> |  <p>Downward Facing Dog</p> |  <p>Warrior I</p> |  <p>Downward Facing Dog Split</p> |  <p>Low Lunge</p> |  <p>Warrior I</p> |
|  <p>Cobra Hands Forward</p> |  <p>Downward Facing Dog</p> |  <p>Halfway Lift I</p> |  <p>Standing Forward Bend</p> |  <p>Chair</p> |  <p>Mountain Namaste Mudra</p> |

You can create lesson plans like this using the [Genie Lesson Planner](#)