


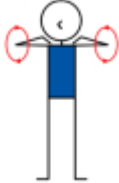
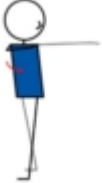







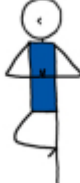










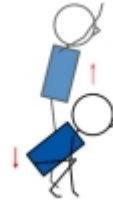
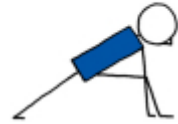
 <p>Extended Exhale</p>	 <p>Mountain</p>	 <p>Mountain Lock</p>	 <p>Shoulder Shrugs Standing</p>	 <p>Shoulder Rotations Standing</p>	 <p>Waist Rotations I</p>
 <p>Mountain Palm Lock</p>	 <p>Palm Tree I</p>	 <p>Palm Tree II</p>	 <p>End Of Sequence</p>	 <p>Mountain</p>	 <p>Single Leg Stand</p>
 <p>Standing One Leg Wind Relieve</p>	 <p>Tree</p>	 <p>Tree Anjali Mudra</p>	 <p>Tree Arms Overhead</p>	 <p>Tree Branches</p>	 <p>End Of Sequence</p>

 <p>Eagle</p>	 <p>Halfway Lift I</p>	 <p>Gorilla</p>	 <p>Standing Backbend</p>	 <p>Standing Backbend</p>	 <p>Chair</p>
 <p>Chair Elevated</p>	 <p>End Of Sequence</p>	 <p>Goddess Anjali Mudra</p>	 <p>Goddess Tip Toes Aakash</p>	 <p>Goddess Twist</p>	 <p>End Of Sequence</p>
 <p>Mountain</p>	 <p>Squat</p>	 <p>Squat Jumps</p>	 <p>Squat Leg Extended</p>	 <p>Kneeling Lunge Hands On Knee</p>	 <p>Half Monkey</p>



Crescent Moon



Lunge Hands On Mat



Low Lunge



Warrior Eagle II



End Of Sequence



Complete Breath

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