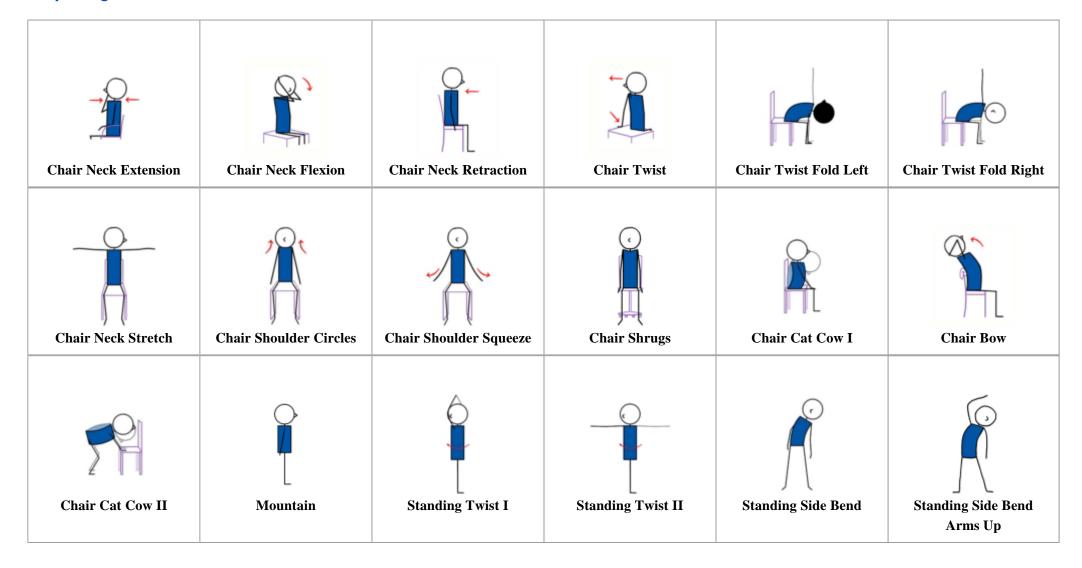
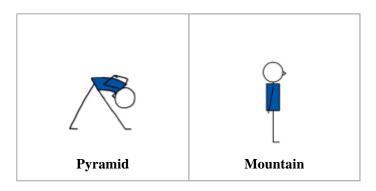
## **Opening Series**





| Lesson Plan Description:  |
|---|
| This is a short 30 minute opening series to help open and release the upper back, neck and shoulders. It's a gentle opening series which can be used as a warm up a the beginning of a yoga class. It's also a nice gentle practice for office workers, seniors, and beginning yoga students. |
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| You can create lesson plans like this using the Genie Lesson Planner  |