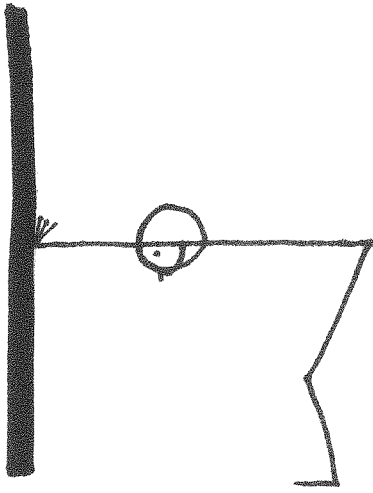
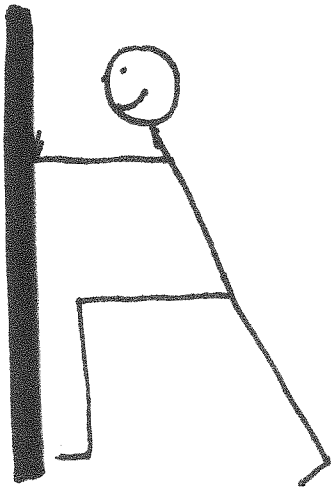


Modified Bookmobile YOGA

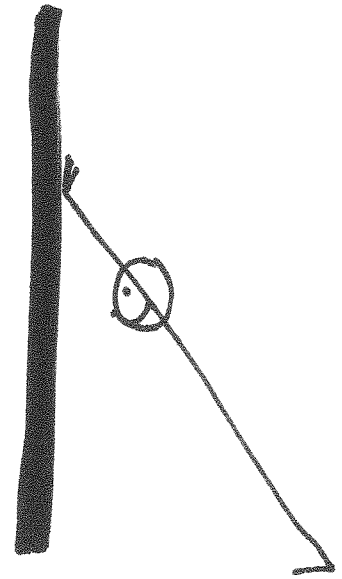


Downward Dog

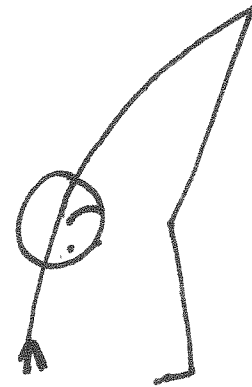


Warrior I

- engage your core abdominal muscles.
- bend your knees to protect your low back and hamstrings.
- slightly tuck your chin to relax the back of your neck.
- lengthen your spine.
- BREATHE - long & slow.
- hold each pose for 3-5 breaths.



Plank pose



Forward fold