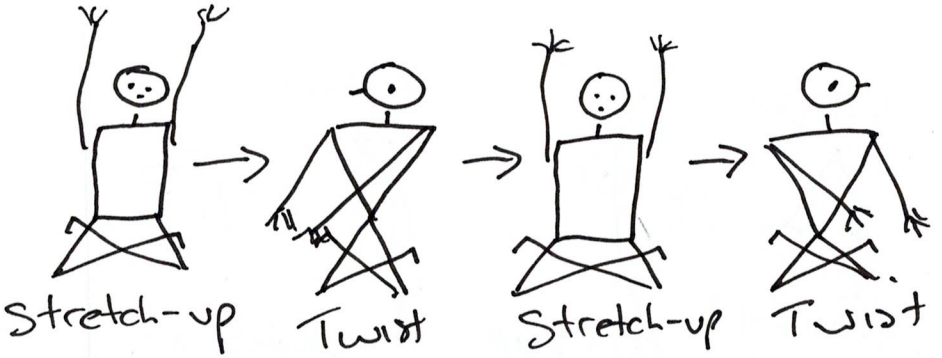
Ratio Breathing

Exhale twice as long as you inhale

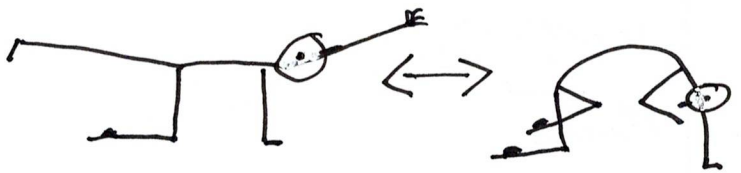
3:6

X10



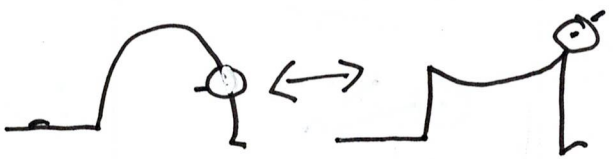
3 X each side

Tiger Pose



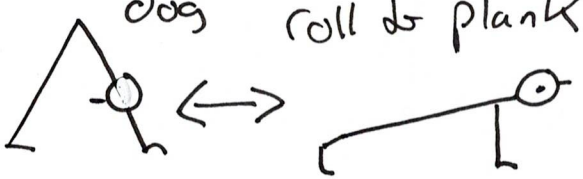
X3 each side

Cat-Cow pose



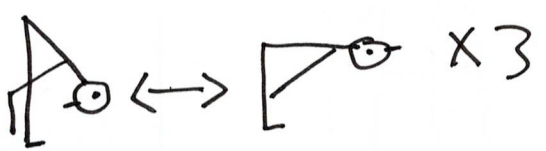
X5-10

Downward facing dog roll to plank



X3

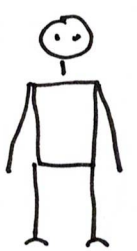
Walk feet to hands



X3

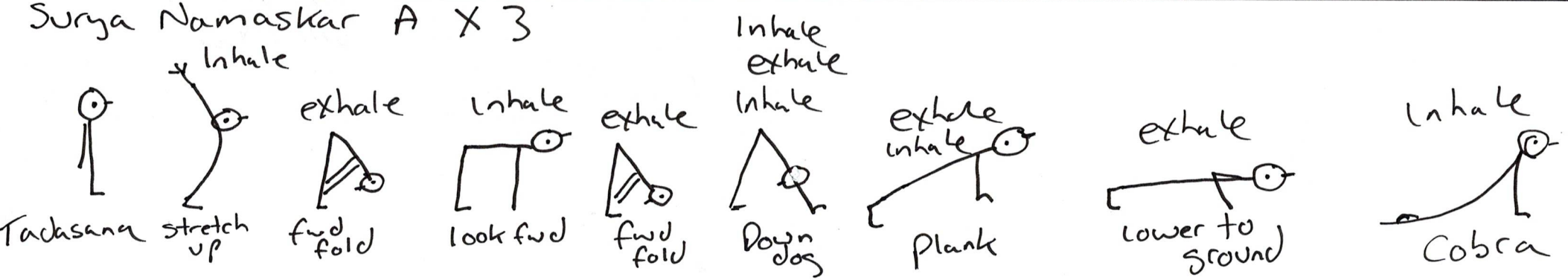
Uttanasana Look fwd

Roll up

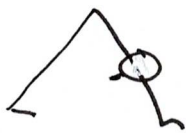


Tadasana

Surya Namaskar A X3



exhale

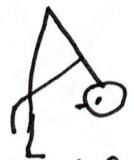


Down dog

Inhale

step to front of mat

exhale



fwd fold

Inhale

arms up

exhale

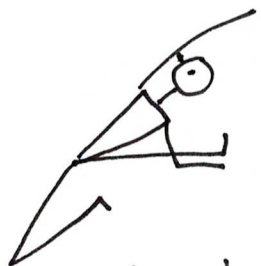
x3

Tadasana

Tree

Other side

Malasana



Other side

Side bend

Knees to Chest

Massage back

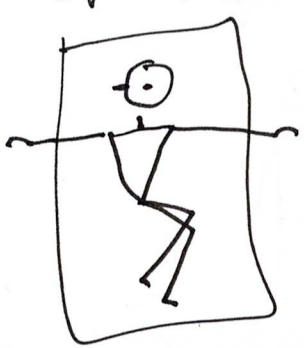
x3

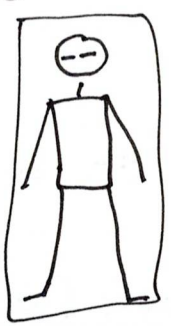
Bridge pose

Knees to Chest

Massage back

Spinal twist



5 breaths + other side

Savasana