










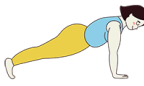
















Full Body Stress Relief Flow

 <p>1. Easy Pose Sukhasana</p>	 <p>2. Wrist Joint Flexing Manibandha Shakti Vikasaka Flexing</p>	 <p>3. Alternate Nostril Breathing Nadi Shodhana</p>	 <p>4. Cat Cow Pose Bitilasana Marjaryasana</p>	 <p>5. Crescent High Lunge Pose Variation Cactus Arms</p>	 <p>6. Mountain Pose Tadasana</p>	 <p>7. Tree Pose Vrksasana</p>
 <p>8. Tree Pose Vrksasana</p>	 <p>9. Warrior Pose II Virabhadrasana II</p>	 <p>10. Warrior Pose II Virabhadrasana II</p>	 <p>11. Downward Facing Dog Pose Adho Mukha Svanasana</p>	 <p>12. Plank Pose Phalakasana</p>	 <p>13. Cobra Pose Variation Arms Bhujangasana Variation Arms</p>	 <p>14. Wide Child Pose Prasarita Balasana</p>
 <p>15. Staff Pose Dandasana</p>	 <p>16. Half Lord Of The Fishes Pose Variation Hand Up Ardha Matsyendrasana</p>	 <p>17. Half Lord Of The Fishes Pose Variation Hand Up Ardha Matsyendrasana</p>	 <p>18. Head to Knee Pose Janu Sirsasana</p>	 <p>19. Seated Forward Bend Pose Paschimottanasana</p>	 <p>20. Bound Angle Pose Baddha Konasana</p>	 <p>21. Bridge Pose Setubandha Sarvangasana</p>
 <p>22. Happy Baby Pose Ananda Balasana</p>	 <p>23. Supine Spinal Twist Pose II Supta Matsyendrasana II</p>	 <p>24. Supine Spinal Twist Pose II Supta Matsyendrasana II</p>	 <p>25. Corpse Pose Savasana</p>	 <p>26. Alternate Nostril Breathing Nadi Shodhana</p>		