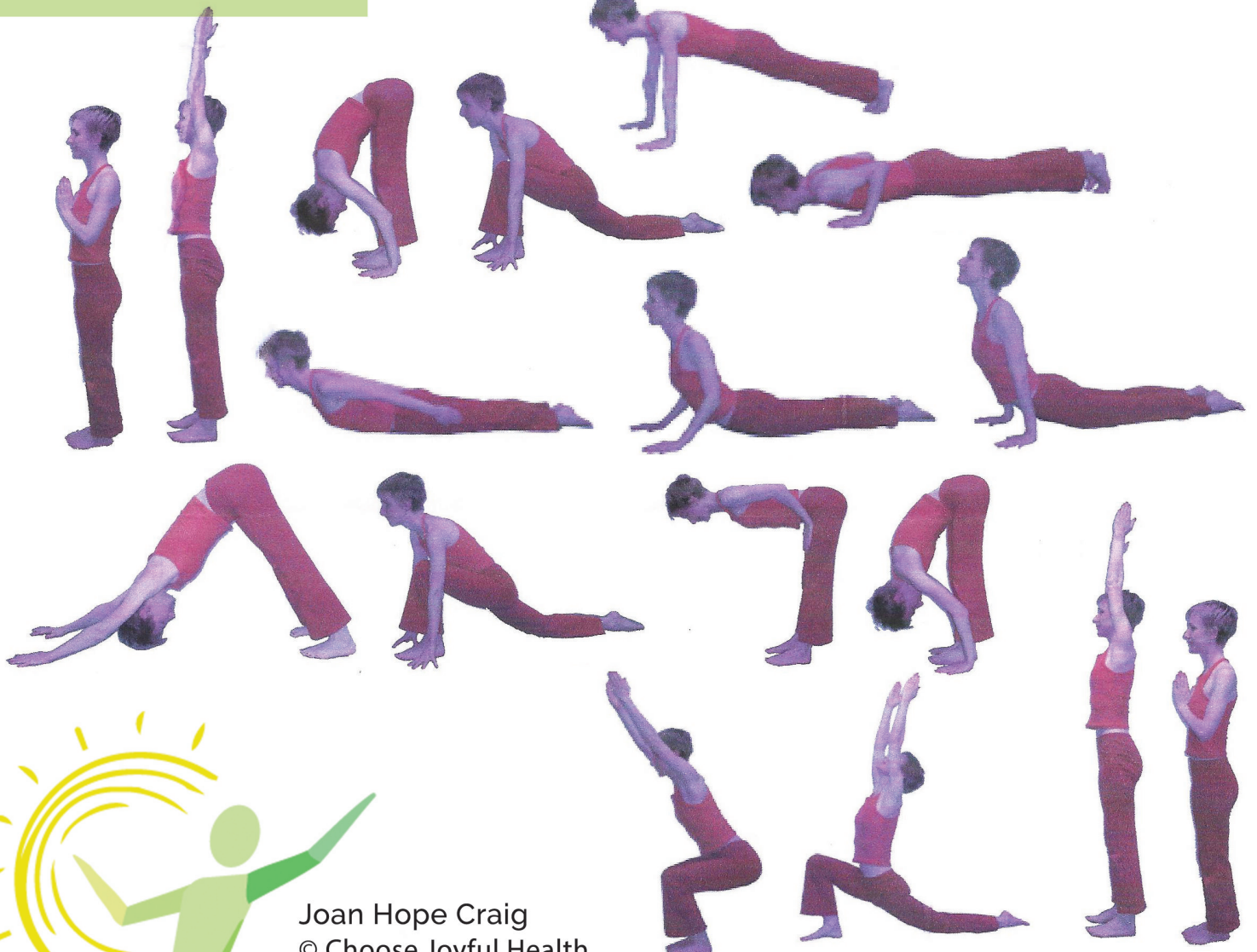




Warm Up



Sun Salutes variations



Standing Poses



Choose Joyful Health

Live well. Feel good. Do what matters.



Seated Poses



Joan Hope Craig
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Do not practice shoulderstand and plough while menstruating or if you have neck problems. Lie with legs up the wall instead.

