


























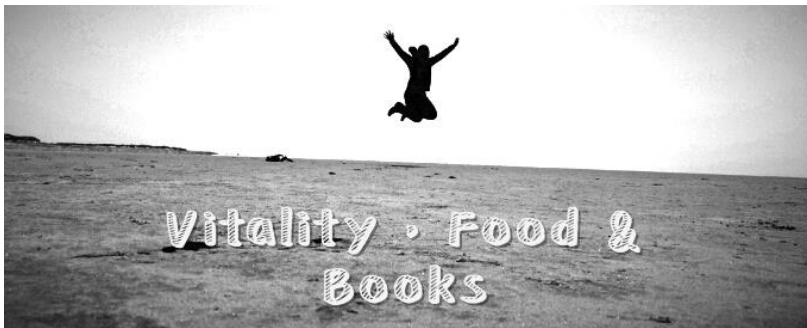








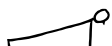










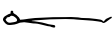




## Yogaflow - März 2018

 Equal stand prayer pose	 Stand Upward Salute (var)	 Standing forward bend (var)	 Standing forward bend (var)	 Plank
 Cobra	 Downward Facing Dog	 Standing forward bend (var)	 Standing forward bend (var)	 Stand Upward Salute (var)
 Standing Side Bend	R/L R+L	 Equal stand prayer pose	 Downward Facing Dog (var)	 High Lunge
 Half Moon	 Child (var)	 Plank (var)	 Standing forward bend (var)	 Standing forward bend (var)
 Stand Upward Salute (var)	R/L R+L	 Tree (v1)	 Mountain pose	R/L R+L
 Stand Upward Salute (var)	 High Lunge	 Extended side angle	 Extended side angle (var)	 Awkward Chair



R/L R+L 	R/L R+L 	R/L R+L 		
 Crow	/ Slash	 High Lunge	 Plank	 Side Plank
 Side Plank (var)	 Plank	 Cobra	 Downward Facing Dog	 Downward Facing Dog (var)
 High Lunge	R/L R+L	 Two Legged Table	 Table (var)	 Table (var)
5x 5x	R/L R+L	 Knees to Chest	 Supported Shoulder Stand	 Happy baby
 Supine	 Lotus Lotus	IN/EX Inhale, Exhale	 ॐ	