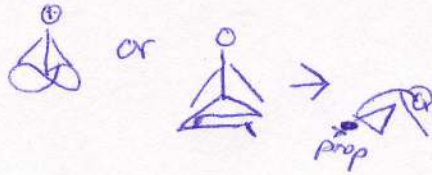
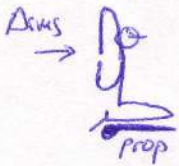


Sequence Title: SEQUENCE FOR ALL MAJOR GROUP MUSCLES Date: 30/06/2020

① Square pose - Both sides - 3'-5' each side



② Seiza with cows face arms - 4' with 2' each side of arms



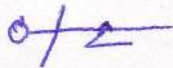
③ Dangling with eagle's arms - 4' with 2' each side of arms.



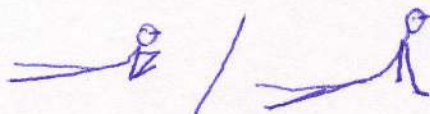
④ Frog pose - 4'-5'



⑤ Spinal twist - 3'-5' each side



⑥ Sphinx or Seal - 3'-5'



Notes: Times are indicative; adjust accordingly.

• Remember to take some time after the poses (30"-1' or more)