

IN

EX

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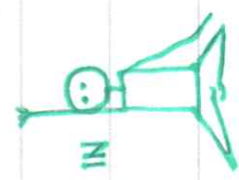
EX

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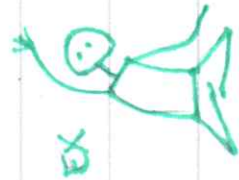
EX

interlace fingers;
palms to ceiling

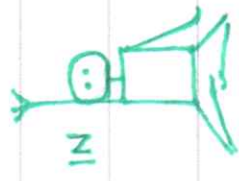
hands behind
head; gaze
up;
open chest



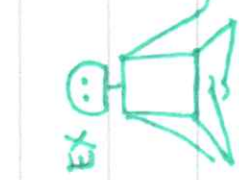
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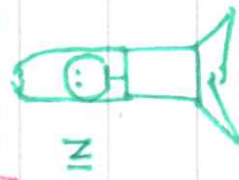
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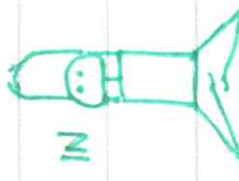
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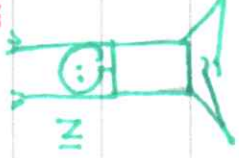
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reach; work
towards straight
arms

round the spine;
imagine hugging
a tree



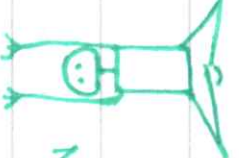
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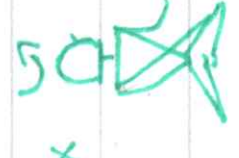
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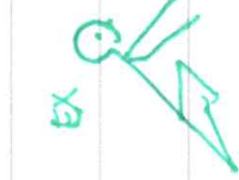
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EX



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forward-fold
over legs;
keep length in the
front of the body

open chest, taking
fingers towards floor
behind

IN



EX



- adapted from Gyndi Lee's Om Yoga warm up
- change cross of legs in between repetitions ; also interlink of fingers
- may want to sit on the edge of a cushion/similar so hips higher than knees