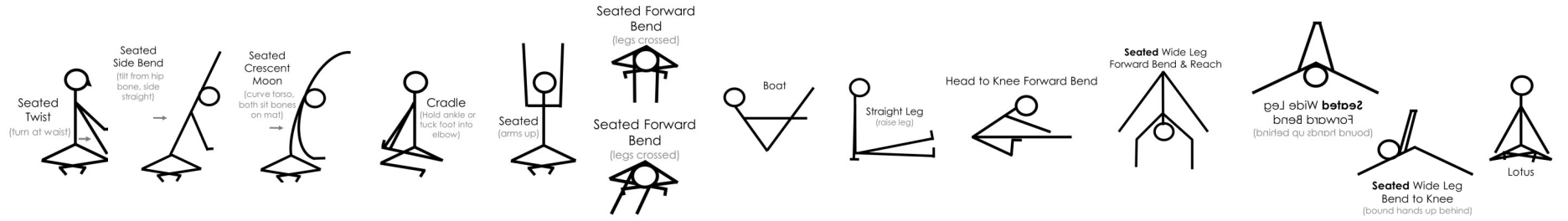
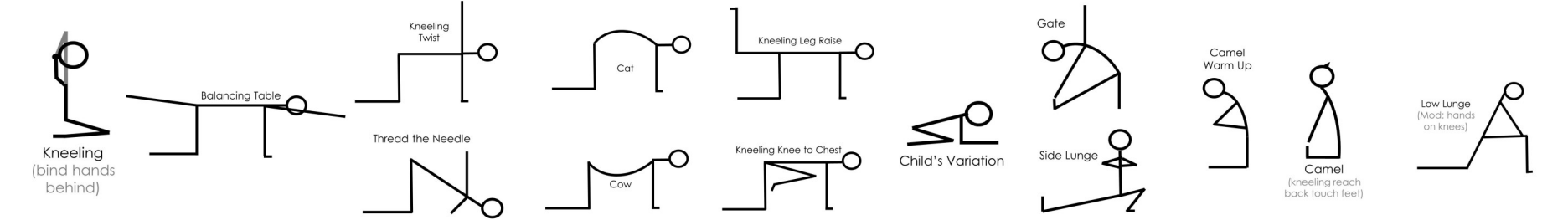


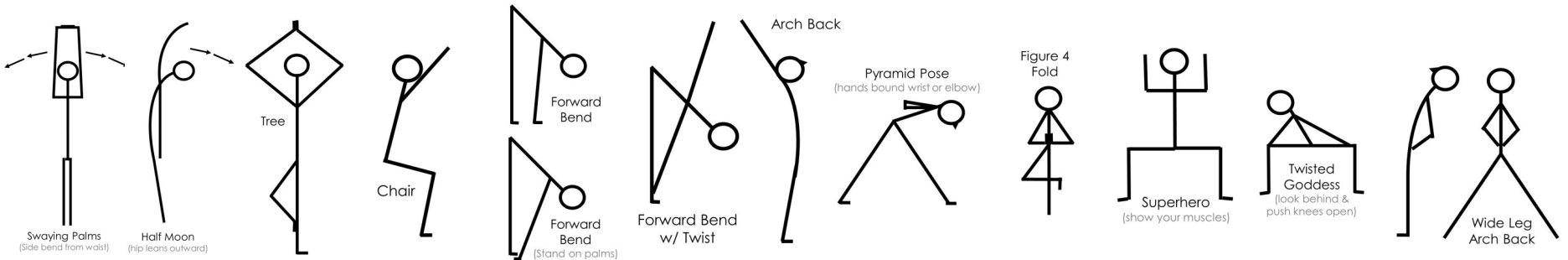
Monday



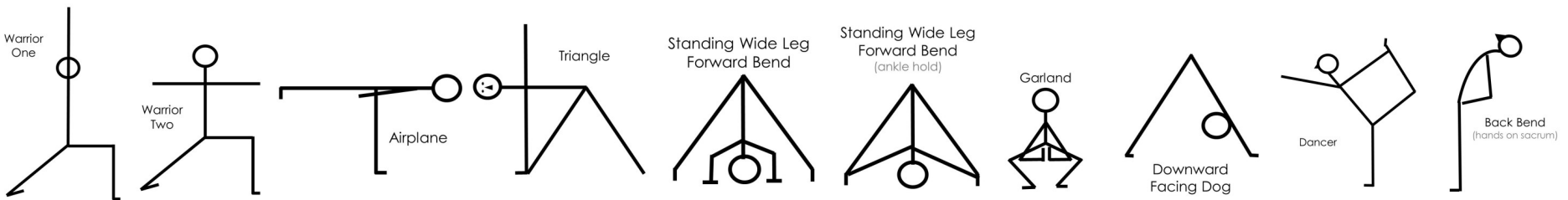
Tuesday



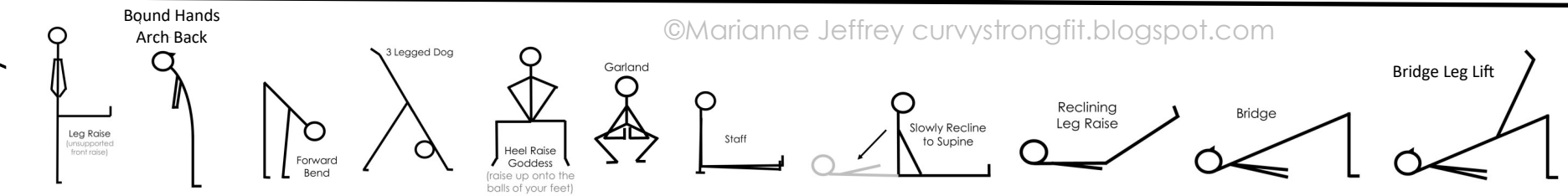
Wednesday



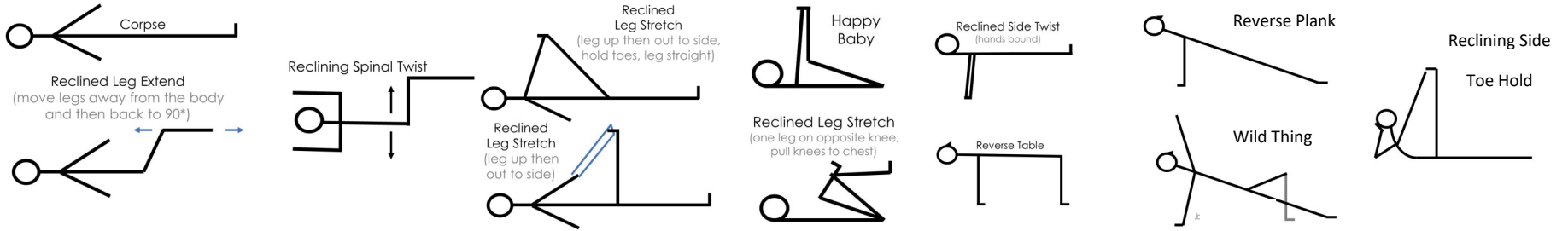
Thursday



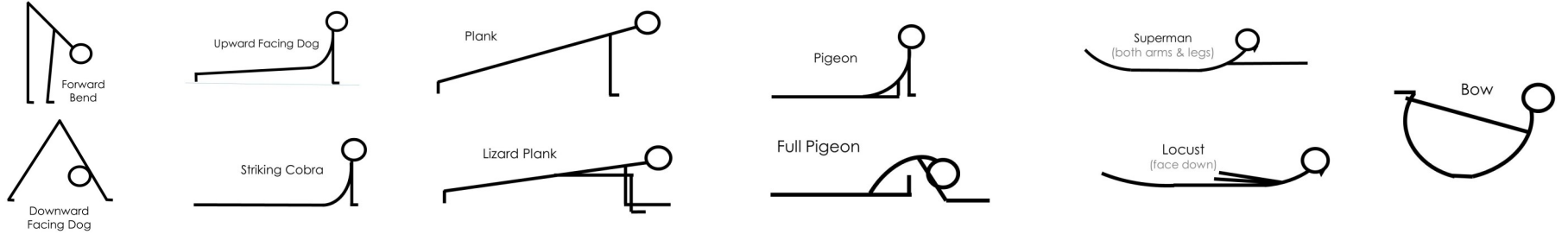
Friday



Saturday



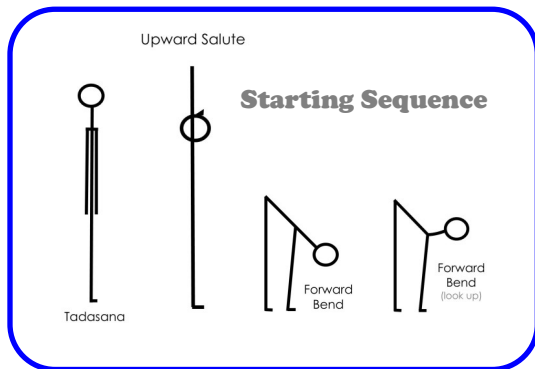
Sunday



7 DAYS OF YOGA PRACTICE

Sun Salutations are a great way to squeeze some yoga into your day too!

Try repeating this sequence 5 times either on its own or as a warm-up to other sequences.



SUN SALUTATION X 5

