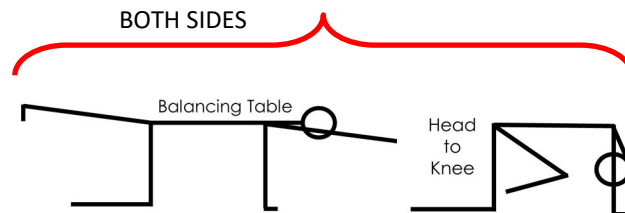
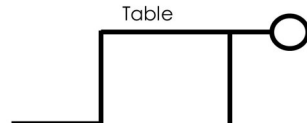
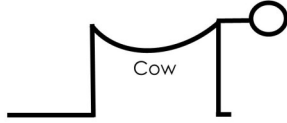
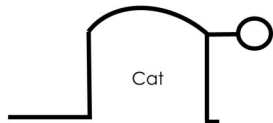
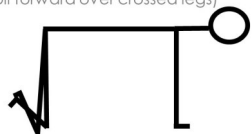
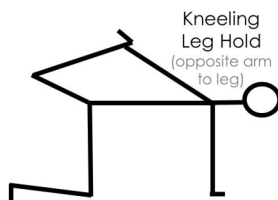
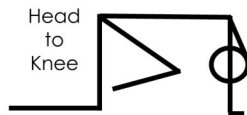
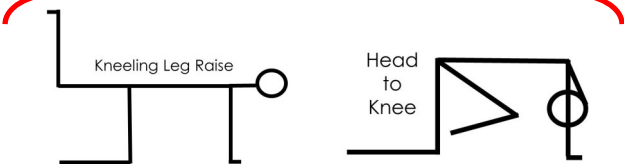


Transition from sit to Table
(roll forward over crossed legs)

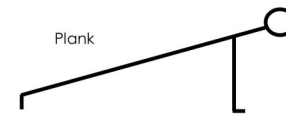


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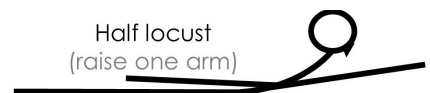
BOTH SIDES



Repeat 3 times



Half locust
(raise one arm)



BOTH SIDES

Half Locust
(raise one leg)



Locust
(opposite arm & leg)



BOTH SIDES

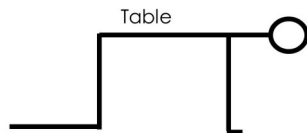
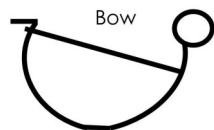
Locust
(face down)



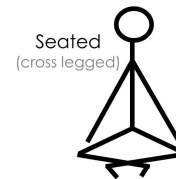
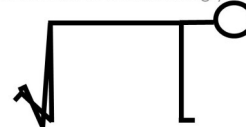
One Leg Up
(support by other leg)



Repeat 3 times



Transition from sit to Table
(roll forward over crossed legs)



or



Printable Back Bend Yoga Sequence

Be safe – only do what is comfortable and stable!