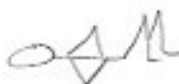

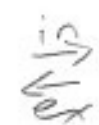





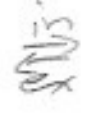

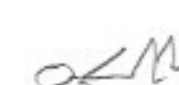

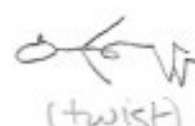




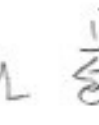


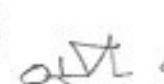










Supine Sequence

- 1)  check-in / body scan / grounding
- 2)    6x
- 3)    6x
- 4)    6x opt. stay 4-6 br.
- 5)    (twist) 6x / side -alternating
- 6)    6x
- 7) a)    6x b)  circle ankle c)  or  6 breaths
7 a,b,c) on other side
- 8)  rock/circle
- 9)  stay 6 breaths each side
- 10)   
- 11)  or  rest/savasana