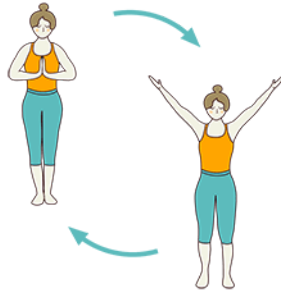


Sun Salute with a Chair

Bernadette Feakes



1. Mountain Pose • Tadasana



2. Mountain Pose Namaste
Upward Salute Pose Variation
Arms Open Flow • Pranamasana
Urdhva Hastasana Variation Arms
Open Vinyasa



3. Warrior I Hands On Hips
Heels On Floor • Virabhadrasana
I Hands On Hips Heels On Floor



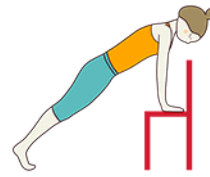
4. Standing Forward Fold Pose
Head Chair • Uttanasana Sirsa
Chair



5. Plank Pose With Chair •
Phalakasana With Chair



6. Downward Facing Dog Pose
Variation Chair



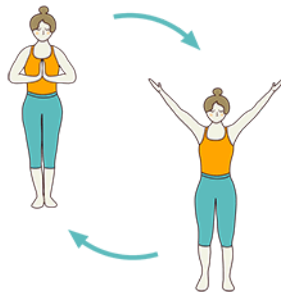
7. Plank Pose With Chair •
Phalakasana With Chair



8. Standing Forward Fold Pose
Head Chair • Uttanasana Sirsa
Chair



9. Warrior I Hands On Hips
Heels On Floor • Virabhadrasana
I Hands On Hips Heels On Floor



10. Mountain Pose Namaste
Upward Salute Pose Variation
Arms Open Flow • Pranamasana
Urdhva Hastasana Variation Arms
Open Vinyasa

R.O.S.

11. R Repeat Other Side



12. Mountain Pose Namaste •
Pranamasana