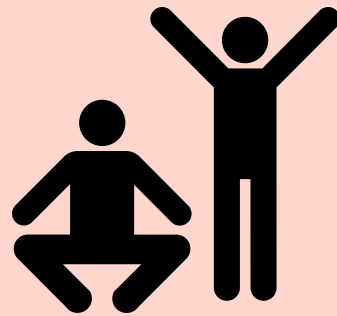
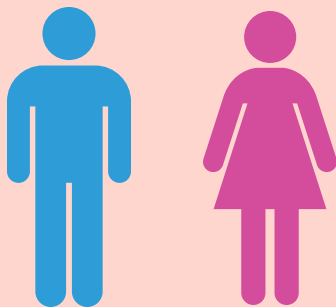


*Yoga Routine*

# LOW INTENSITY

Anuloma Viloma  
Neck Rolls  
Shoulder Lifts  
Reach Overhead  
Seated Twist  
Eye Exercises  
Single Leg Raises  
Single Wind Relieving  
Lying Twist  
Sun Salute  
Spread Leg w/ Bend  
Spread Leg w/ Twist



Warrior Straight  
Warrior heart  
Reverse Warrior  
Dancer Pose  
Headstand (Eventually)  
Child Pose  
Pelvic Lifts  
Assisted Shoulder Stand  
Forward Bend  
The Bow  
Tiger Pose  
Corpse

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