



flexibility



namaste



balance



focus

scan

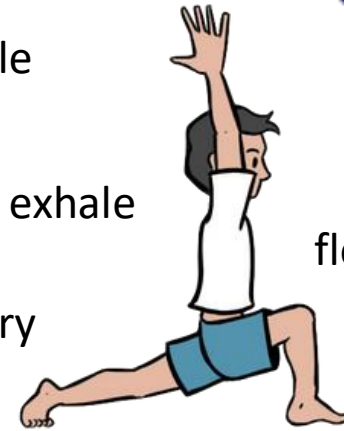
inhale

exhale

imagery

posture

flow



co-ordination

alignment

breathing

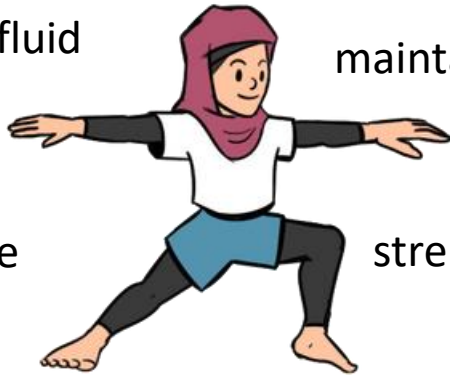
mindfulness

YOGA

reflect

fluid

maintain

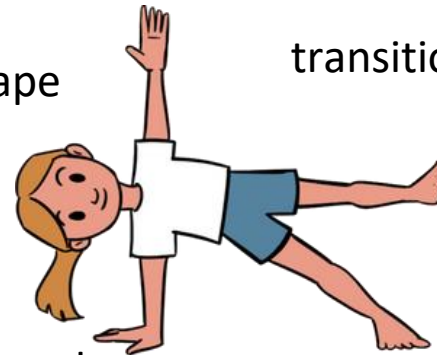


pose

strength

shape

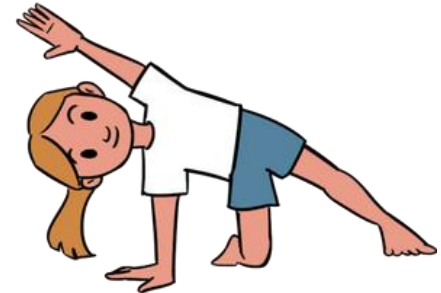
transition



breath

relaxation

sun salutation



sequence

control

connect