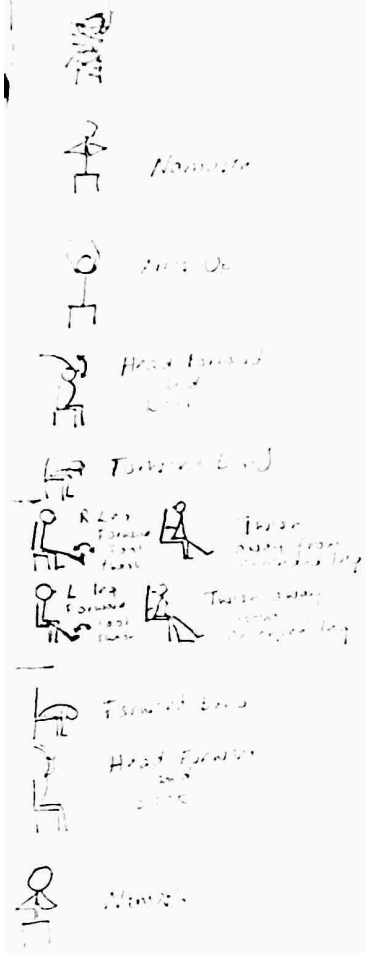

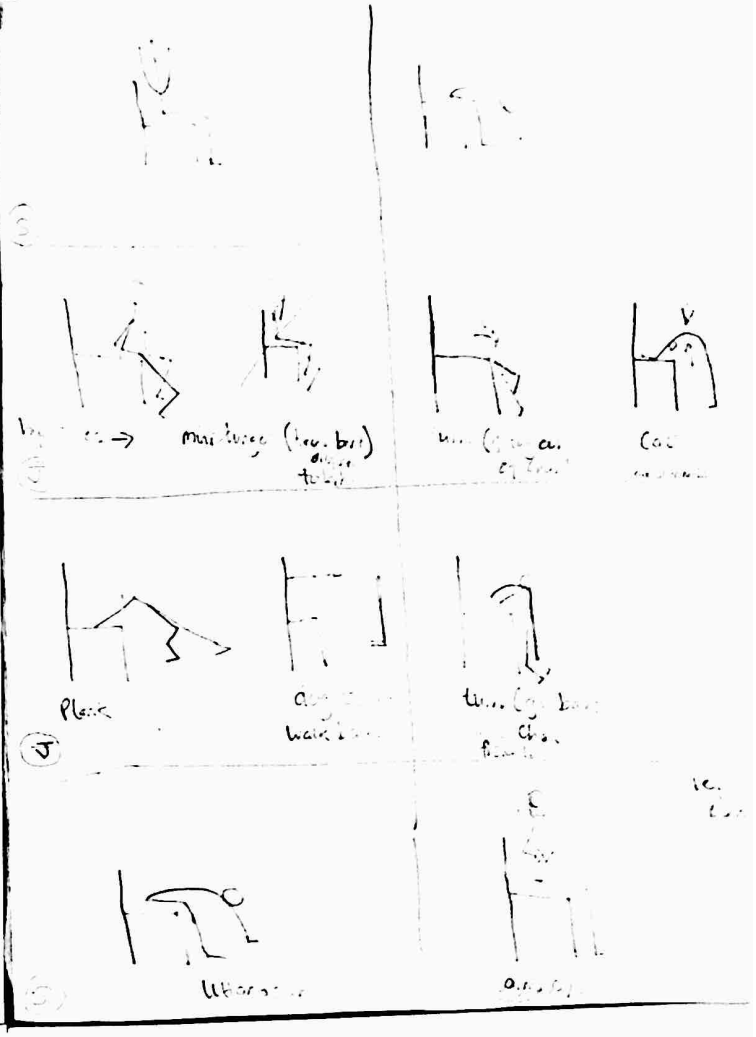

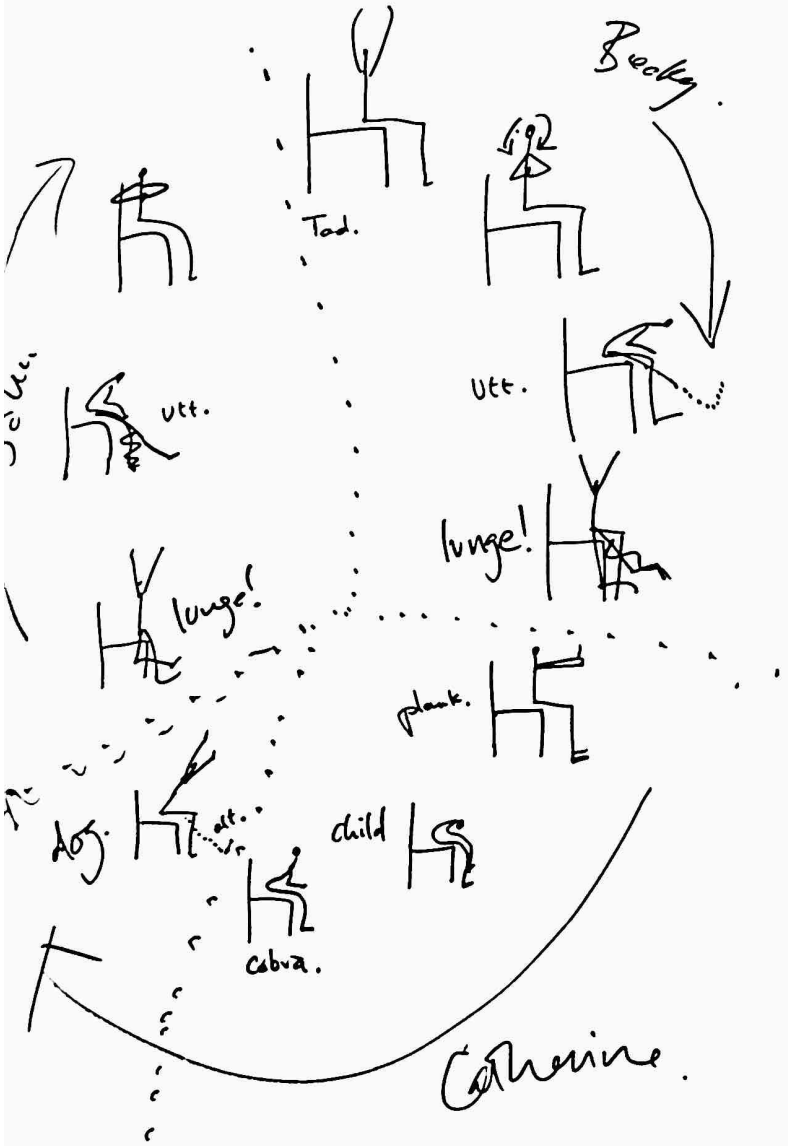

Seated Sun Salute

- Shuffle fwd - as able
- Prayer hands + circle overhead (if poss)
- Fwd bend down legs if able
  - gentle rotation both sides — head form / arms up
- raise each leg + one knee towards chest as able
- Seated Cat - Slide hands up + down thighs
  - into seated Cobra
- Seated fwd bend - as able
  - circle arms