

GENTLE YOGA FOR WELLNESS ~ THE YOGA PRESCRIPTION

SYTAR ~ NEWPORT BEACH ~ 2015

Kathleen Ross-Allee and Alison Crowley 2015

Short Sequencing Ideas

Wing and Prayer:



Seated Alternating Arm Lifts:



Seated Alternating Arms and Head Turns:

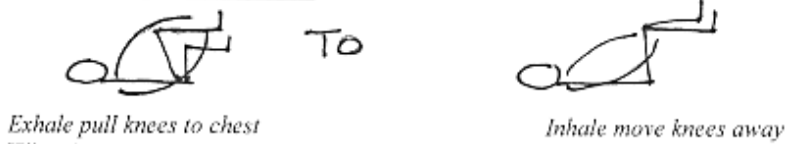


Supine lunge



Gentle Inhale and Exhale

Dynamic Supine/Child's Pose



Windshield wiper twists



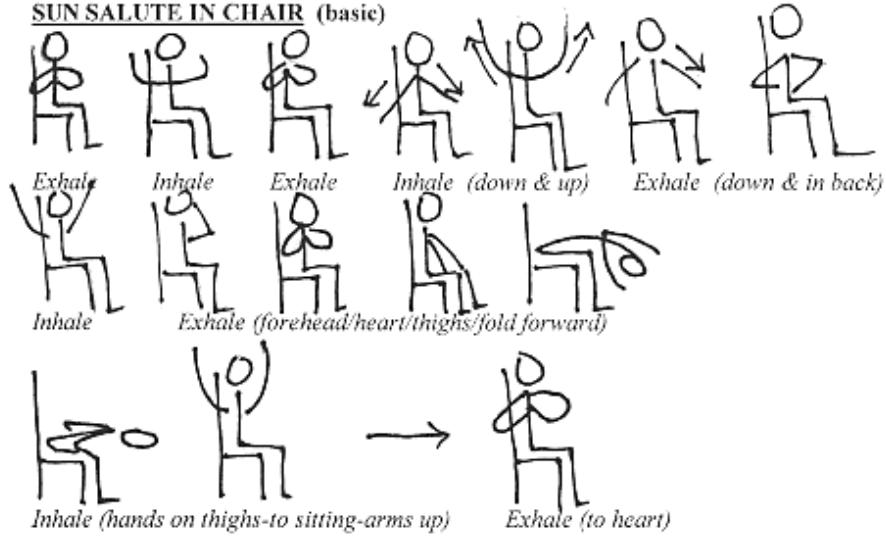
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SUN SALUTE IN CHAIR (basic)



SUN SALUTE STANDING WITH OR WITHOUT CHAIR

