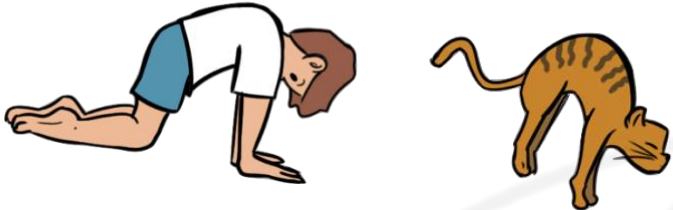
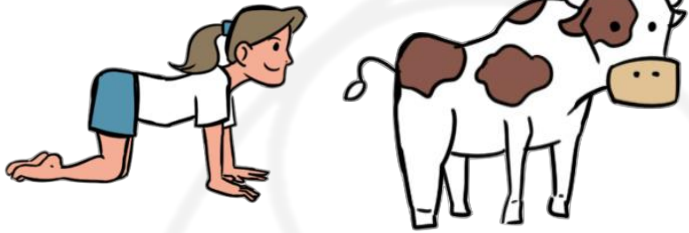
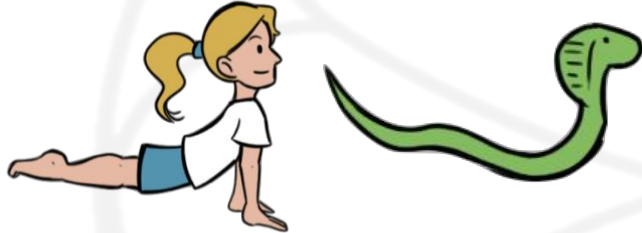




ANIMAL FLOW SEQUENCE

<p>CAT</p> <p>From hands and knees, push up through the centre of your shoulder blades.</p>	
<p>COW</p> <p>From your hands and knees, roll your shoulders away from your ears and arch your back.</p>	
<p>SNAKE</p> <p>Laying with your feet together, peel your chest off the floor. Remember to roll your shoulders away from your ears.</p>	
<p>DOWN DOG</p> <p>Spread your fingers wide. Raise your hips high and look towards your knees.</p>	
<p>LION</p> <p>Go onto your hands and knees, with your hands turned out. Straighten your arms and roar.</p>	
<p>BEE</p> <p>Keep your back straight, place your feet together and flap your knees like wings.</p>	