
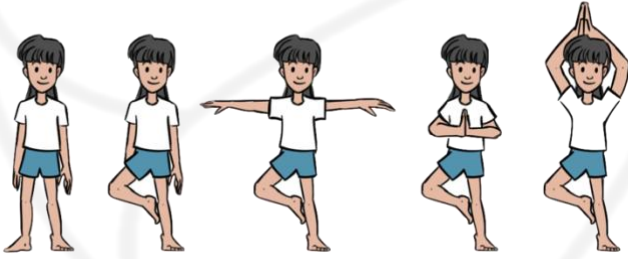

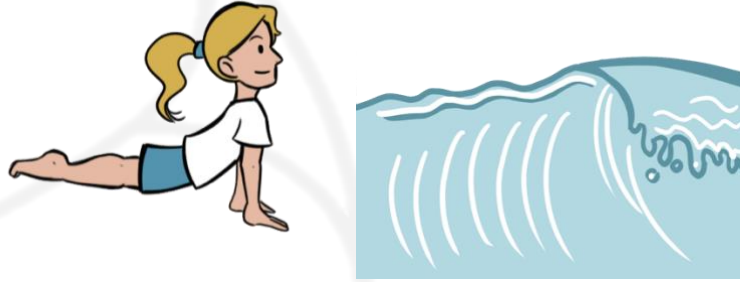


## SUMMER FLOW SEQUENCE

<p><b>WARRIOR II</b></p> <p>Keep your knee in line with your ankle.</p> <p>Check that your arms run in line with your shoulder and that your back leg is straight.</p>	
<p><b>TREE</b></p> <p>Place your non-standing foot on your opposite ankle, above the knee, or in the thigh.</p> <p>Make this harder by placing your arms above your head.</p>	
<p><b>BOAT</b></p> <p>Squeeze your stomach muscles and keep your chest high</p>	
<p><b>COBRA</b></p> <p>Laying with your feet together, peel your chest off the floor.</p> <p>Remember to roll your shoulders away from your ears.</p>	
<p><b>CHILDS POSE</b></p> <p>Send your bottom down towards your heels and rest your stomach on your thighs.</p>	