

Greeting pose

»»» JEFF PETRY #26



- Stand tall with legs hip-width apart, feet facing forward. Bring your hands together, palm to palm, at chest level. Make sure your weight is evenly distributed.

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Mountain pose I

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- Stand tall with legs hip-width apart, feet facing forward. Look up and reach your arms up to the sky. Stretch through your whole body.



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HALF MOON POSE



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- Stand tall with legs hip-width apart, reach your arms up high over your head, bringing your palms together. Bend your torso to the left, keeping your arms straight and stretching to the side. Come back to center. Repeat on the other side.

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FORWARD BEND POSE I

- Stand tall with legs together and slightly bent. Slowly bend forward to your legs, moving your stomach towards your thighs. Lower your head and grab your legs with your hands. Let your head hang freely.



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CHAIR POSE

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PETRY #26

-Stand tall with legs hip-width apart.
Reach your arms up and bend your
knees as much as possible. Keep your
heels on the floor.



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