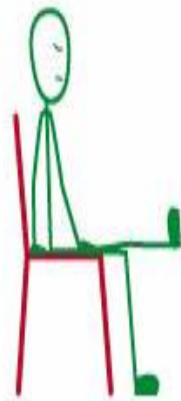


Carl Dawson's Chair Yoga



Forward Bend



Seated Leg-Lift



Leg Stretch



Hip Opener
(outer)



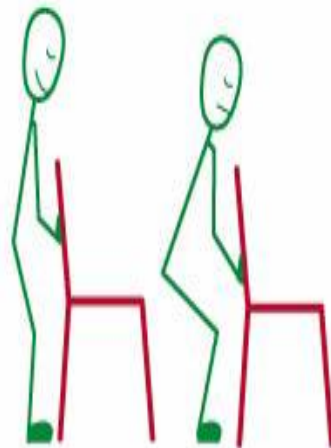
Hip Opener



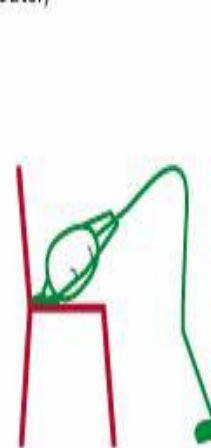
Shoulder Stretch



Bottom Lift



Knee Bends



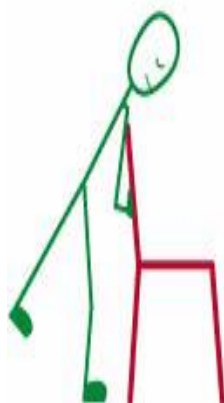
Dog Pose



Push-ups



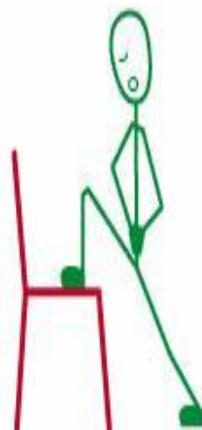
Hamstring Stretch



Hamstring Lift



Forward Bend/Hip Opener



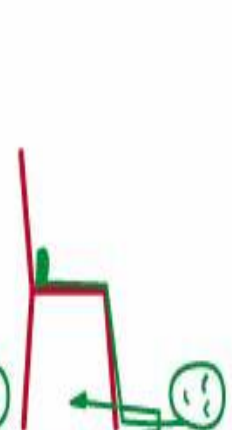
Lunge



Tree Pose



Bridge Pose



Restore