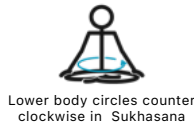


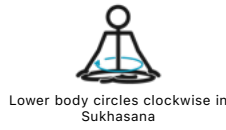
Kundalini Kriyas



Lower
Body
Circles



Lower body circles counter clockwise in Sukhasana



Lower body circles clockwise in Sukhasana

Inhale
arms up



Sukhasana

3
Breaths



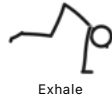
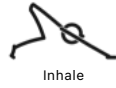
Sukhasana

Sun Salutations / Variation A – D



App Flow (Free)

Adjustment POSE



4x

Roll up and down



Roll down to seated



5 Minutes

Nadi Shodhana Pranayama



Peak POSE



Shavasana - Reclining Bound Angle Pose

10 Minutes



3 OM's

Ajna Chakra



Your Shavasana meditation text

...
...
...