

Morning Wakeup

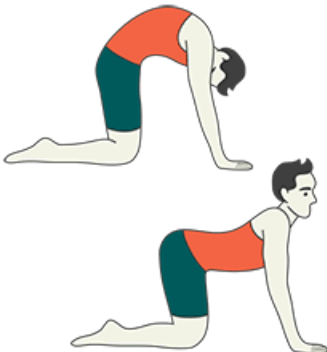
Andy Fermo



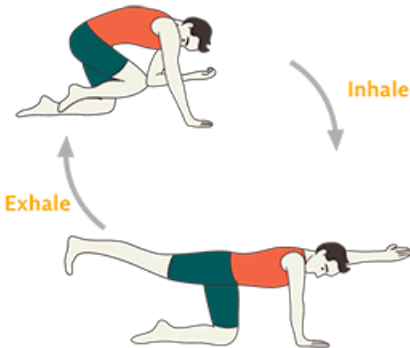
1. Easy Pose • Sukhasana



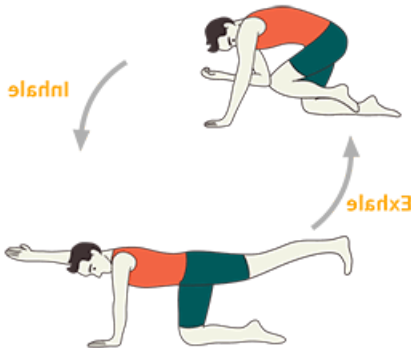
2. Table Top Pose • Bharmanasana



3. Cat Cow Pose • Bitilasana
Marjaryasana



4. Balancing Table Pose With Knee
To Nose Flow • Dandayamana
Bharmanasana Knee To Nose
Vinyasa



5. Balancing Table Pose With Knee
To Nose Flow • Dandayamana
Bharmanasana Knee To Nose
Vinyasa



6. Thread the Needle Pose •
Urdhva Mukha Pasasana



7. Thread the Needle Pose •
Urdhva Mukha Pasasana



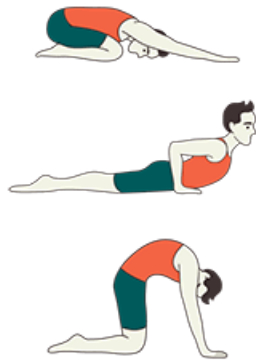
8. Downward Facing Hero Pose •
Adhomukha Virasana



9. Scorpion Twist Pose



10. Scorpion Twist Pose



11. Cobra Dance Flow



12. Easy Pose • Sukhasana