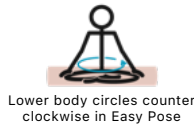


Kundalini Kriyas

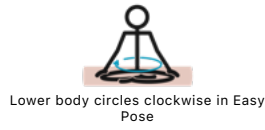


Lower Body Circles

Root Chakra



Lower body circles counter clockwise in Easy Pose



Lower body circles clockwise in Easy Pose

Inhale arms up



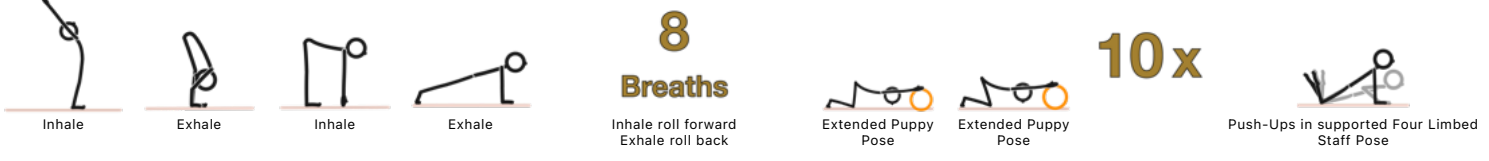
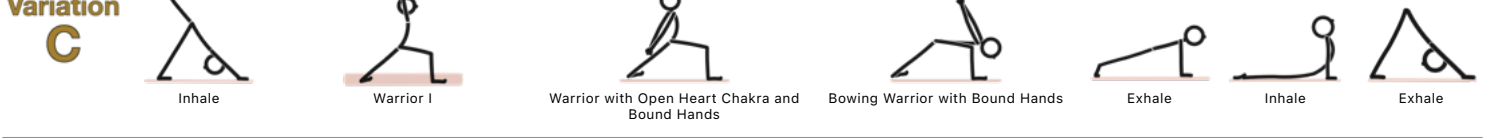
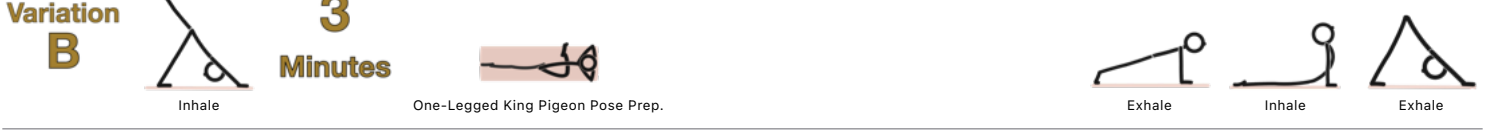
Easy Pose

**3**  
Breaths



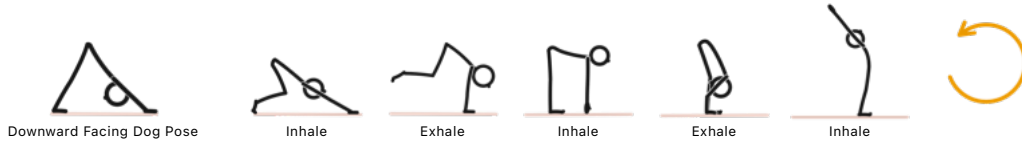
Easy Pose

Sun Salutations / Variation A – D



# App Flow (Free)

## Adjustment POSE



## 4x



## 5 Minutes

### Nadi Shodhana Pranayama

Channel-  
Cleaning Breath



Pranayama in Easy Pose



Garland Pose

## Peak POSE



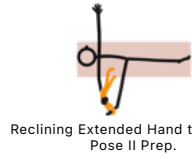
Crane Pose Prep.



Crane Pose



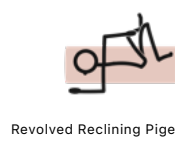
Reclining Extended Hand to Big Toe  
Pose I Prep.



Reclining Extended Hand to Big Toe  
Pose II Prep.



Reclining Pigeon Pose



Revolved Reclining Pigeon Pose



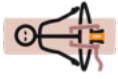
Hands Bound Bridge Pose



Happy Baby

## Shavasana - Reclining Bound Angle Pose

## 10 Minutes



Reclining Bound Angle Pose

## 3 OM's

Third Eye Chakra



Easy Pose



Easy Pose



Easy Pose with  
Hands in Prayer

Your Shavasana meditation text

...  
...  
...