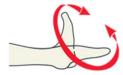




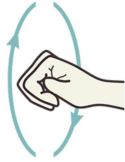
Acroyoga warm up

Preparatory Poses

1. Preparatory Poses Section



2. Ankle Rotations Close Up



3. Wrist Joint Rotation



4. Standing Forward Bend
Hands Under Feet Pose



5. Extended Mountain Pose
With Backbend



6. Palm Tree Pose Side Bend
Variation Elbows



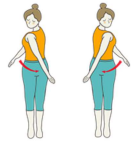
7. Palm Tree Pose Side Bend



8. Standing Arm Circles



9. Standing Cow Face Pose



10. Standing Twist Straight
Arms



11. Cat Cow Pose



12. Standing Quad Stretch
Pose



13. High Lunge Pose



14. Intense Leg Stretch Pose
C



15. Chair Pose



16. Downward Facing Dog
Pose Heels To Side



17. Cobra Pose

Warm-Up



18. Warmup
19. Classic Sun Salutation
Variation F

x4

20. Repeat 4



21. Sun Salutation A

x2

22. Repeat 2

Core



23. Core
24. Raised Legs Pose
Variation Hands On Floor



25. Upward Extended Feet
Pose



26. Half Boat Pose Arms
Overhead



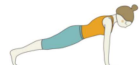
27. Sit Up Arms On Chest



28. Bicycle Pose



29. Superman Pose



30. Plank Pose



31. Side Plank Pose



32. Plank Pose



33. Side Plank Pose



34. Plank Pose Knee to
Elbow



35. Upward Plank Pose



36. Boat Pose