

RELAXING *yoga*

www.RelaxingYoga.com

www.BecomingPeace.net

becoming peace

20
min



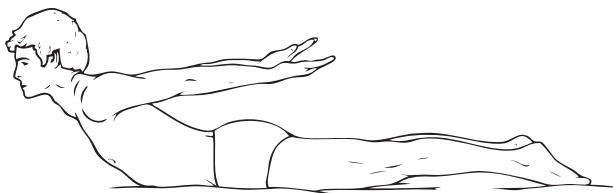
1. The Belly Breath



2. The Rabbit



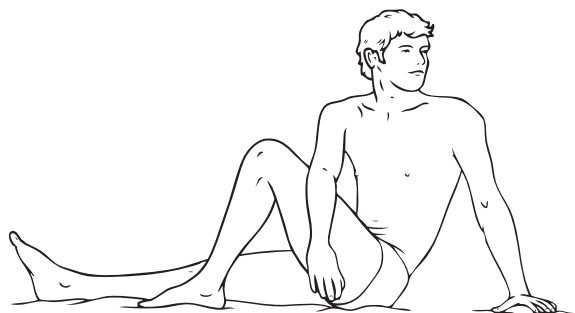
3. The Forward Bend



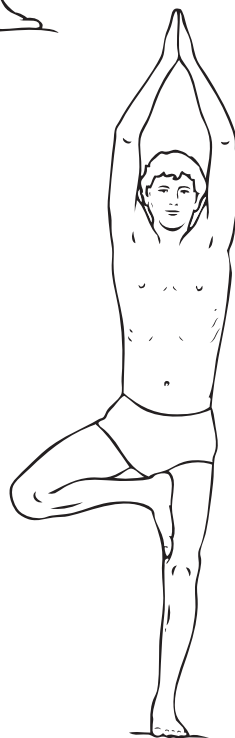
4. The Alligator



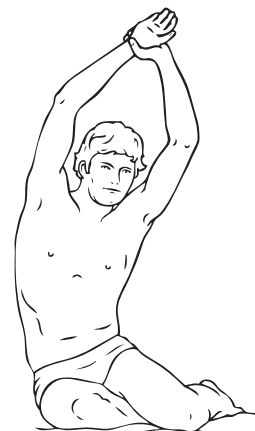
5. The Reverse Relaxation



6. The Twist



7. The Tree



8. The Dove



9. The Final Relaxation

