

# Yoga Calming Sequence Visuals



warrior



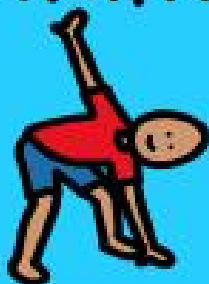
5

count

to

5

windmill



5

count

to

5

frog



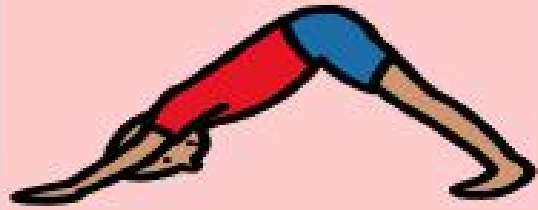
5

count

to

5

down dog



5

count

to

5

twist



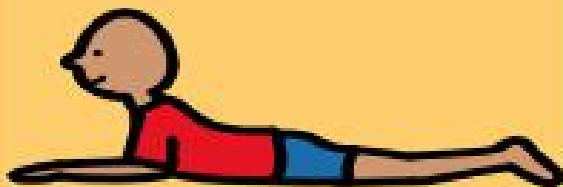
5

count

to

5

cobra



5

count

to

5

arms back



5

count

to

5

arms up



5

count

to

5

touch toes



5

count

to

5