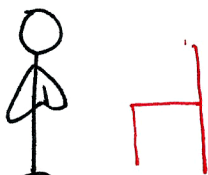
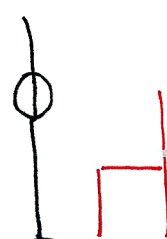
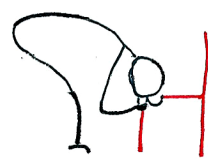
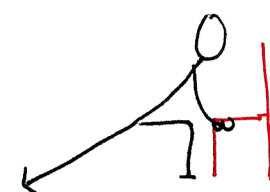
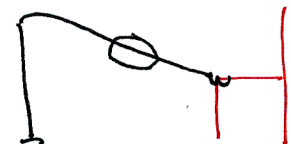
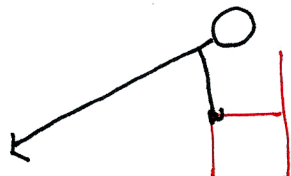
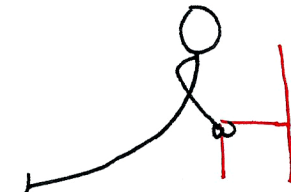


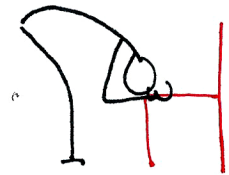
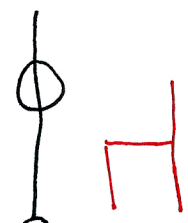
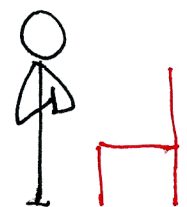


Chair Sun Salutation

 <p>Tadasana</p>	 <p>Raise Arms <i>inhale</i></p>	 <p>Uttanasana <i>exhale</i></p>
 <p>Lunge - Left <i>inhale</i></p>	 <p>Downward Facing Dog <i>exhale</i></p>	 <p>Plank <i>inhale - exhale</i></p>
 <p>Upward Facing Dog <i>inhale</i></p>	 <p>Downward Facing Dog <i>exhale</i></p>	 <p>Lunge - Right <i>inhale</i></p>
 <p>Uttanasana <i>exhale</i></p>	 <p>Tadasana <i>inhale</i></p>	 <p>Anjali Mudra <i>exhale</i></p>