

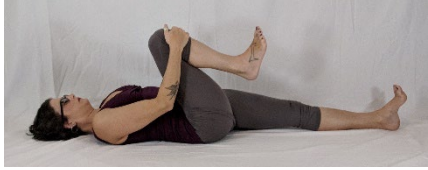















Stay Cool Protocol

 <p>Belly Breathing in Constructive Rest</p>	<p>FLOOR FLOW (3 x per side):</p>  <p>INHALE: Extend Arms Overhead</p>	 <p>EXHALE: Knee to Chest</p>	 <p>INHALE: Knee Out to Side</p>
 <p>EXHALE: Knee Across Twist</p>	 <p>INHALE: Knee Extends Up</p>	 <p>EXHALE: Knee to Chest</p>	 <p>INHALE: Extend Arms Overhead</p>
 <p>Mountain Pose</p>	 <p>Tree Pose</p>	 <p>Wide-Legged Forward Bend</p>	 <p>Chair Supported Forward Bend</p>
 <p>Chair Supported Forward Bend</p>	 <p>Kaki Pranayama</p>	 <p>Chandra Bhedana Pranayama</p>	 <p>Legs on Chair (15 min)</p>