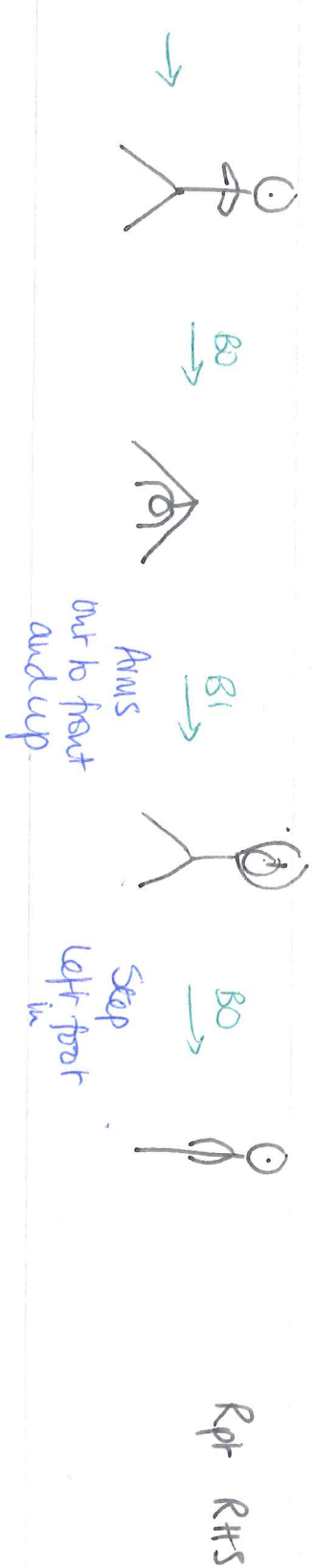
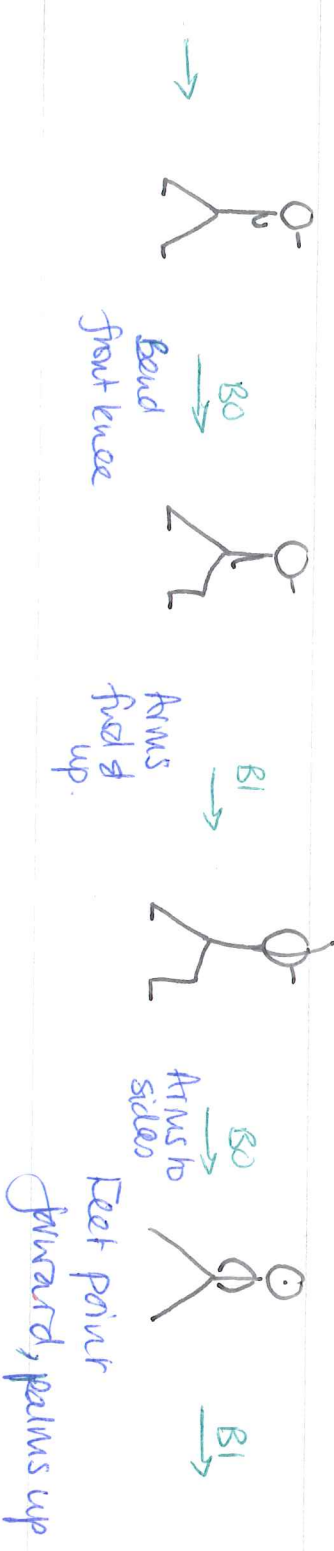
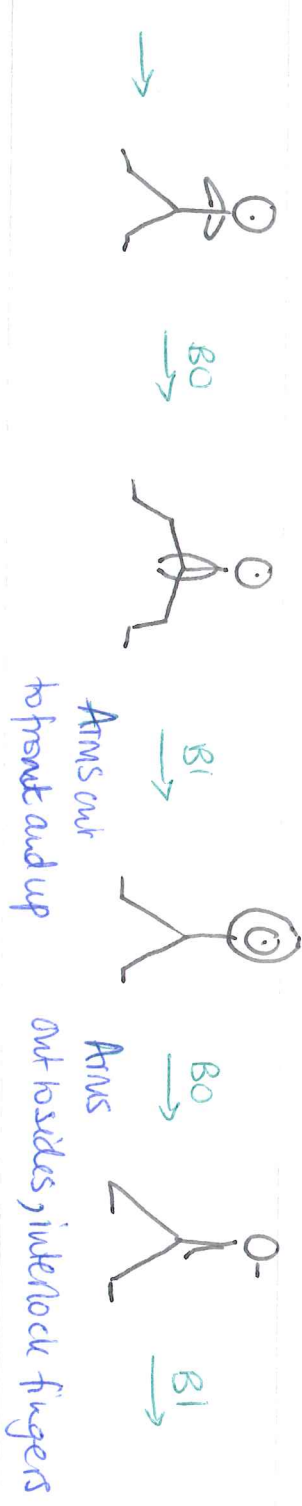
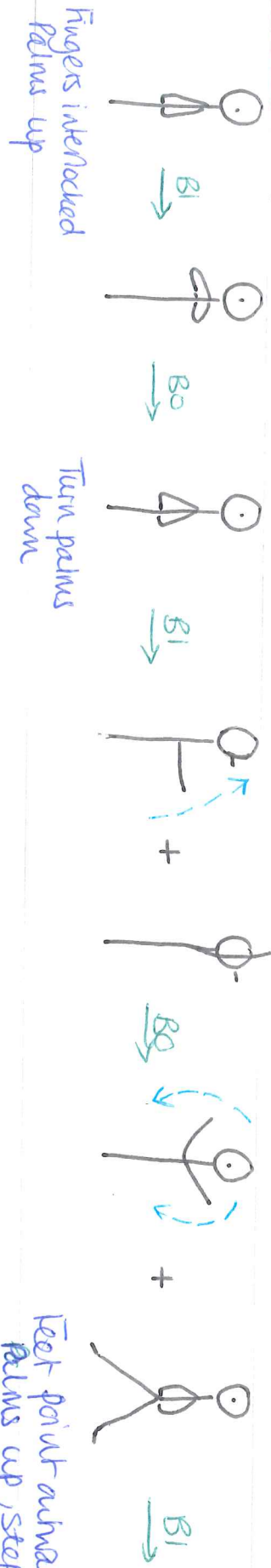


EARTH SEQUENCE

Practise after joint mobilisation and limbering. Let breath guide you in and out of the poses. Modify for personal needs as taught in class!



Lucy Murray ☺