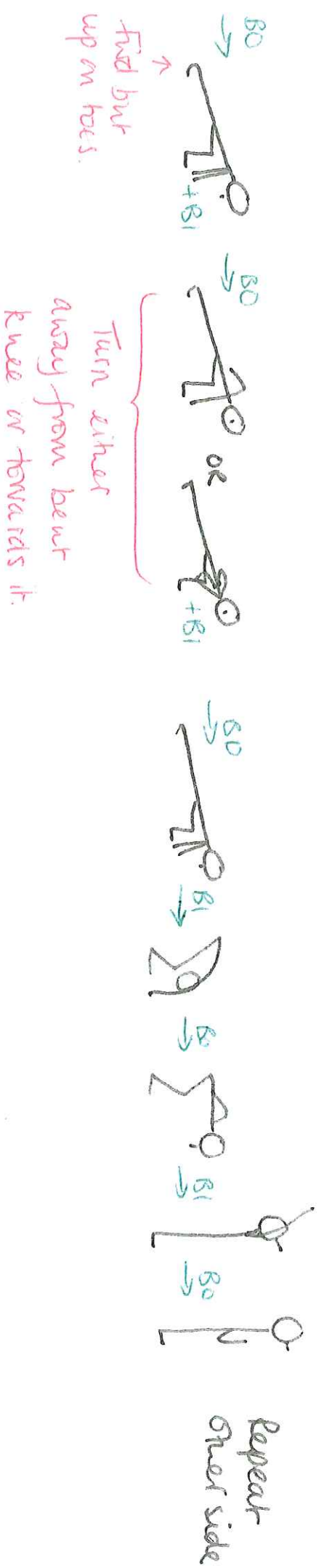
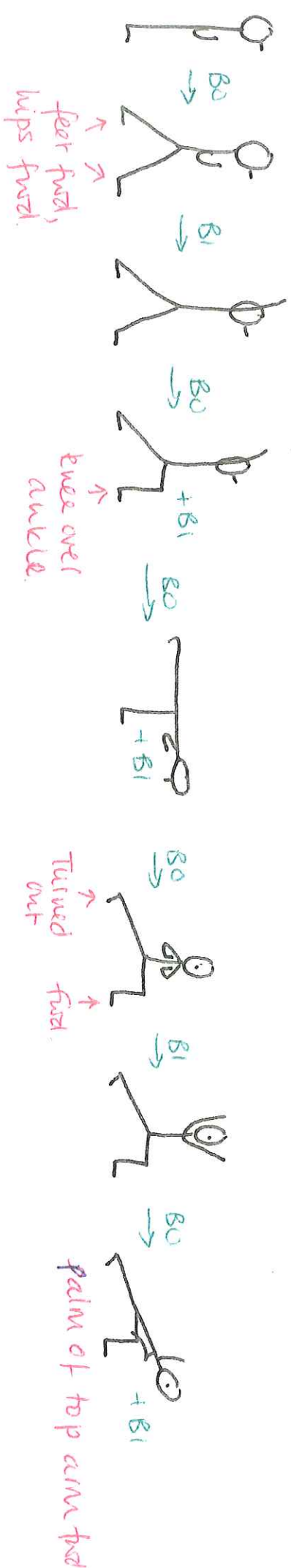


Lizzy Murray
 Jan 2014 ☺

INTEGRATING SEQUENCE



Mobilise joints of limbs before this sequence. Modify as taught in class to suit your own needs.
 Allow movements to flow with the breath or hold and perfect each pose.