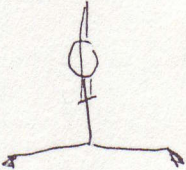




	<h1>Camel</h1>	<p>..start in kneeling position, feet uncurled behind body, lift chest forward and up, at same time place hands on heels. ..keep pushing hips forward and lifting chest up.</p>
	<h1>Monkey</h1>	<p>..start in kneeling position, put hands on floor and extend left leg forward into split position. ..if real flexible, raise hands over head with palms facing, lower hands, pull leg back in and start in kneeling position. ..repeat with right leg.</p>
	<h1>Cobra</h1> <h2>.Twisted</h2> <h2>. King</h2>	<p>..lie on stomach, place hands under shoulders, fingers point forward, elbows tucked in, squeeze legs together, lift head and chest forward and up, lower down. ..add side twist of head for Twisted Cobra ..add bend knees and touch feet to head for King Cobra.</p>
	<h1>Butterfly</h1>	<p>..sit with knees bent and soles of feet touching, drop knees out to sides, hold feet and flutter knees slowly.</p>
	<h1>Turtle</h1>	<p>..sit with legs apart, keeping feet on floor bend knees, bend forward at top of legs, brings hands inside of legs, reach from here under ankles, wrap hands around and hold feet.</p>
	<h1>Boat</h1>	<p>...sit with legs straight out front, pull stomach in on an exhale and lean back, hold behind thighs, extend legs out and lift up off floor . ..let go and extend arms out front if strong enough.</p>