





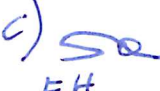


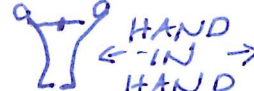



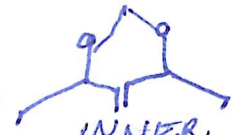
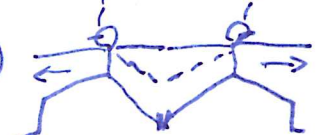












YOGA WITH A FRIEND

Mals 2022
Sari Penttilä

- ①  • Left hand on your heart, right on top of friend's hand
• "VOW" accepting, respecting...
eye contact
- ② a)  b)  IH UP
EH DOWN c)  SIDE BENDS WITH THE BREATH
- ③ a)  CAT EH IH b)  DOG c)  EH IH EH
- ④  walking forward to squat feet separate  coming up ↑
- ⑤  HAND ← IN HAND →  HANDS ON SHOULDERS
- ⑥ a)  b)  DOUBLE DOG
- ⑦  INNER EDGE OF HEELS WARRIOR I KNEE TO KNEE
- ⑧  W II FORWARD & UP & BACK
- ⑨  (OR BUTTOCKS TOUCHING)
- ⑩ a)  b)  TO SHOULDER c)  STAND
- ⑪  SIDE BENDS
- ⑫  NAVASANA
- ⑬  TWISTS
- ⑭  YOGA MUDRA YOGIC SEAL

- ⑮  TWO TIMES SIGRA SAVASANA = TENSION OF THE WHOLE BODY
- 1. Feel your Body relaxing
- 2. Watch your BREATH
- 3. Be the witness of your MIND
- 4. Feel the silent PEACE within...
- ⑯  Thanking your Partner And sending: "Lokaa samastaa sokinoo bhavantu!"