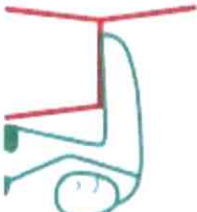
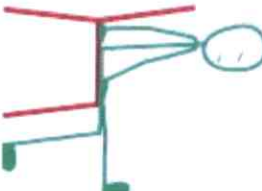


Carl Dawson's Chair Yoga



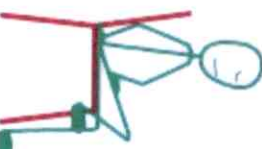
Forward Bend



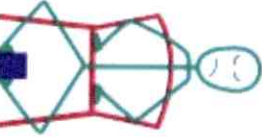
Seated Leg-Lift



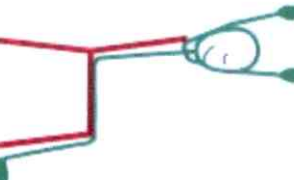
Leg Stretch



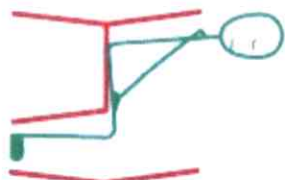
Hip Opener
(outer)



Hip Opener



Shoulder Stretch



Bottom Lift



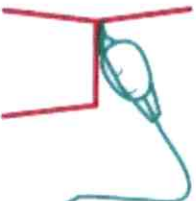
Knee Lift



Knee Bends



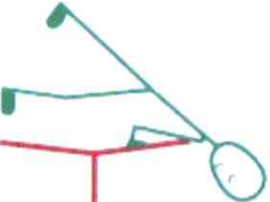
Dog Pose



Push-ups



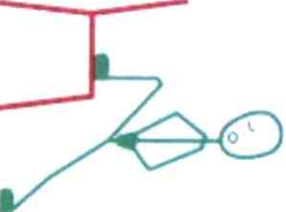
Hamstring Stretch



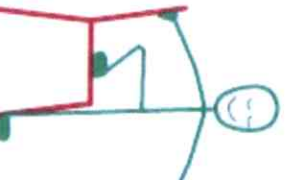
Hamstring Lift



Forward Bend/Hip Opener



Lunge



Tree Pose



Bridge Pose



Restore