

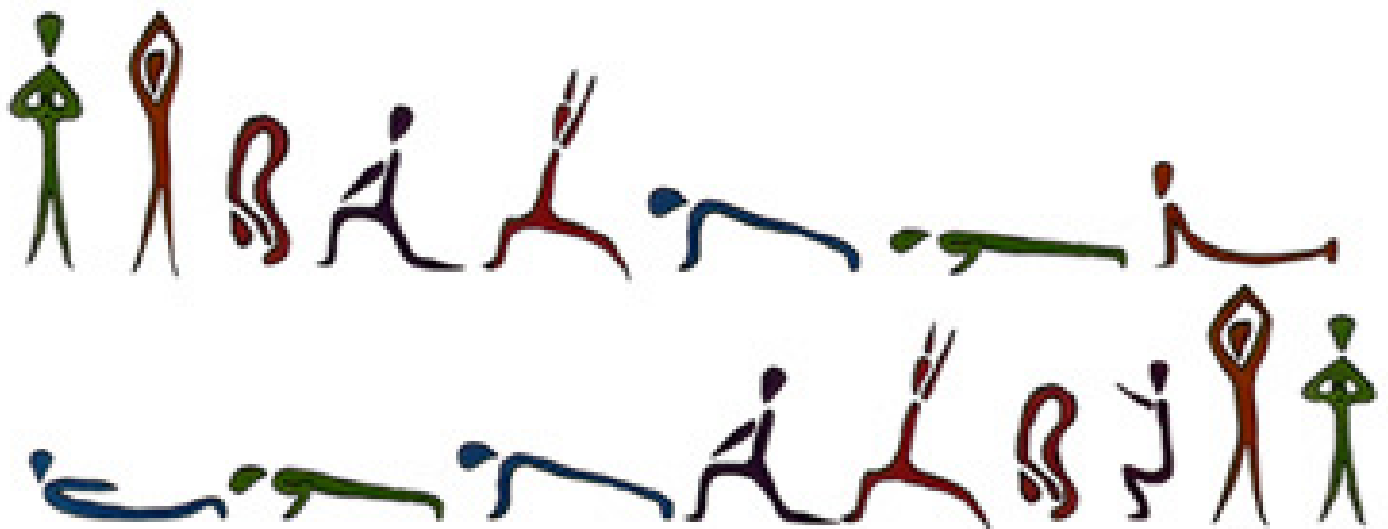
YogaWaves CD Guide

Please note that this information is intended as a guide only. If you have any injuries or illness, please consult your doctor or physio first. For any questions please contact: info@yogawaves.com

Section 1: Warm-ups



Section 2: Sun salutes



Section 3: Floor Flow



Section 4: Relaxation

