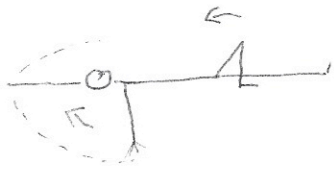
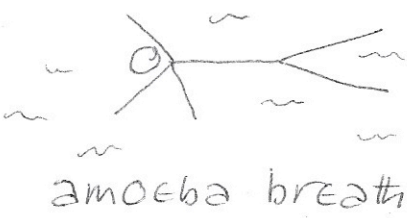


# Starfish Practice 38 mins audio MP.

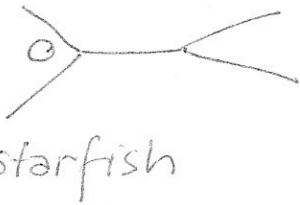


arm circle - both sides

worm yoga → baby backbend



opening lung/side body - both sides



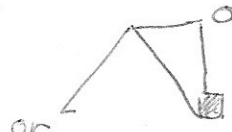
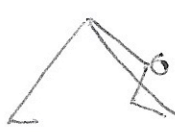
connecting/moving limb from center



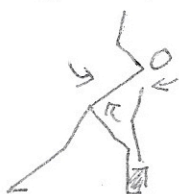
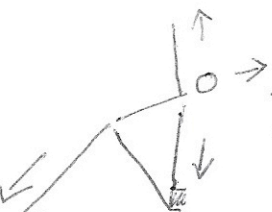
watery  
tadasana



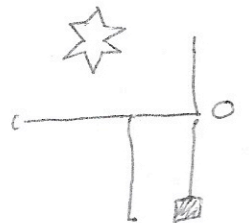
seaweed  
uttanasana



or  
parsvottanasana



△ pulse in and out demented heron



half moon + pulse!

