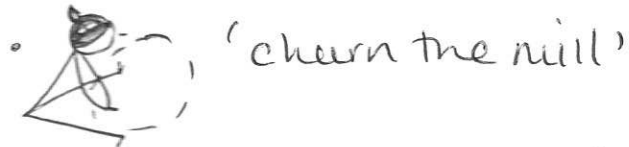
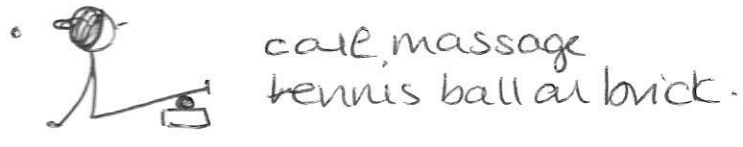
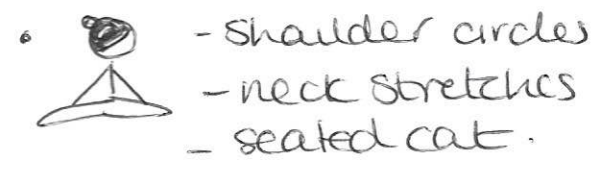
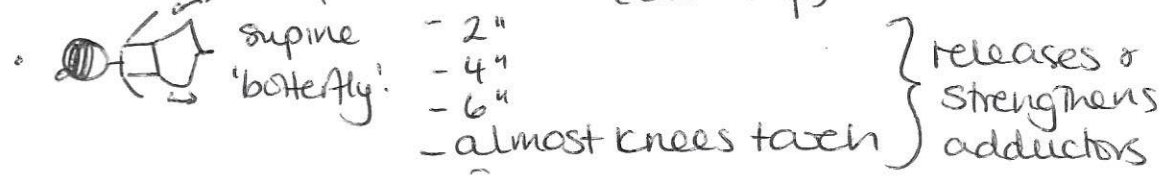
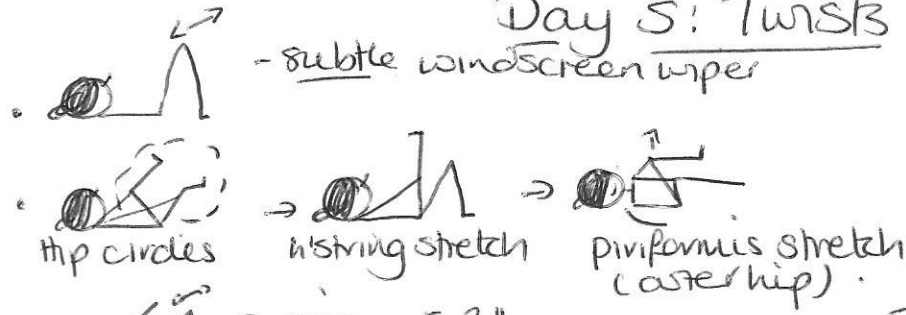


Day 5: Twists

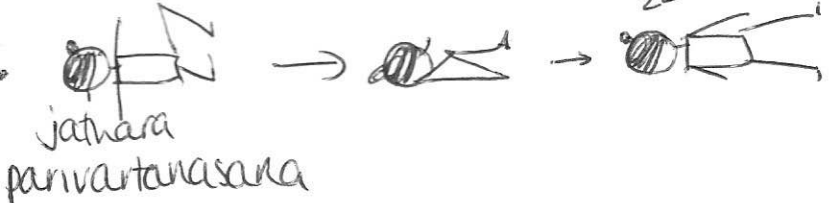
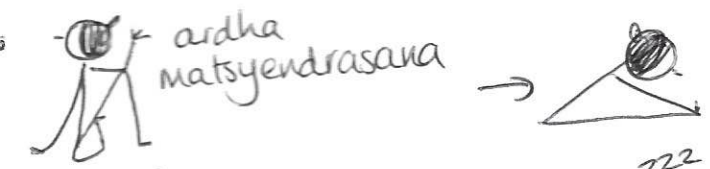
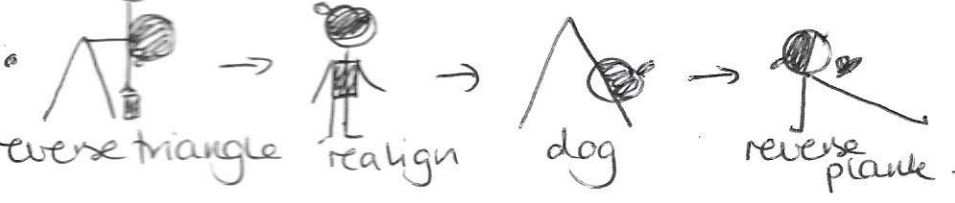
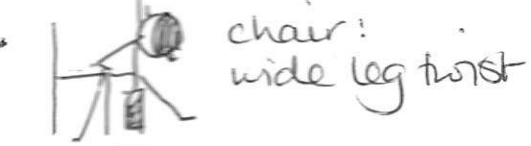
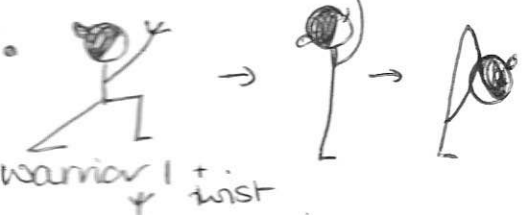
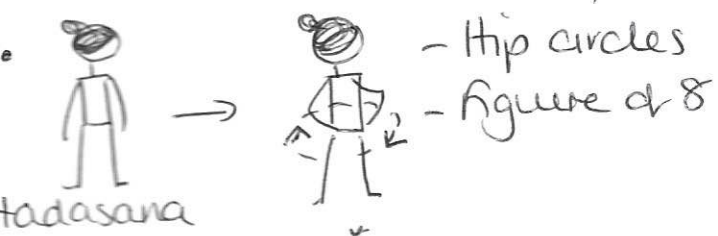
- subtle windscreen wiper

props:

- Brick
- tennis ball



* This is intended as an aide memoire only. Practice according to the cautions & modifications. Avoid if SI joint issues. + listen to your body &.



Janice @ Radiance Yoga.