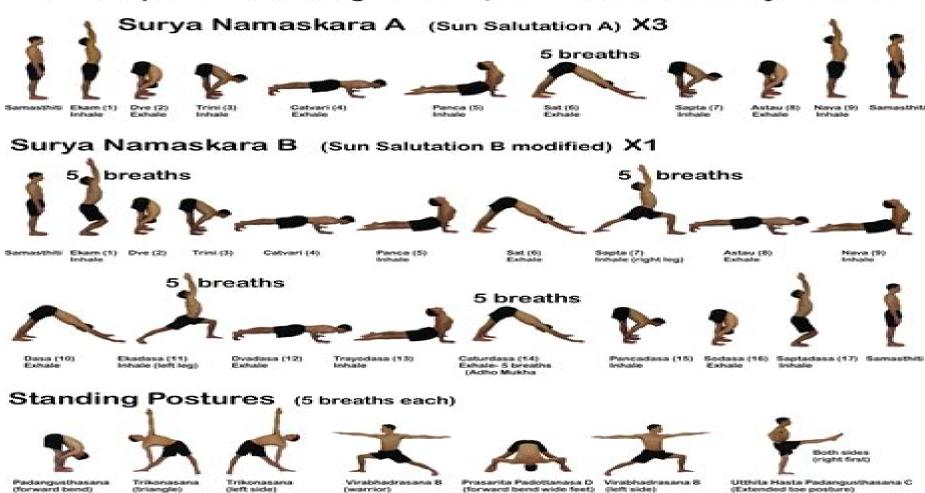
Begin standing at the front of your yoga mat, feet close, arms by side, palms face in Keep the face relaxed and with awareness to the abdomen breath through the nose Think of this practice as a moving meditation, use the breath to anchor you to "now"



Seated Postures (5 breaths each)

Finishing Postures (5 breaths)

















Oandasana Paschimottanasana (Staff posture) (forward bend) Marichyasana C (twisting posture) Navasana (boat posture) Urdhva Dhanurasana (upside down bow)

Paschimottanasana (easy forward bend)

Padmasana (sitting) Savasana (relaxation)

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DR. GITA KALIPERSHAD-JETHALAL

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web annecy is part of four cantons annecy 1 annecy 2 annecy 3 and annecy 4 it is the prefecture of haute savoie since 2017 annecy has consisted of six delegate cities annecy annecy le vieux cran gevrier meythet pringy and seynod local government consists of a city council with 202 members the number of members in each commune