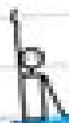


# EASY MORNING FLOW



EXHALE  
Bend to  
LEFT

COME ON  
TABLE TOP  
POSTURE

INHALE  
Look up in  
COW

EXHALE  
Bend up  
back in CAT

(2) 3-10 breaths



EXHALE



INHALE  
Come back  
to TABLE TOP

EXHALE  
LIFT the  
Heads (Up)

INHALE  
Step feet  
backwards

INHALE  
Twist, right  
Arm to the SKY (Up)

(2) after 100



EXHALE

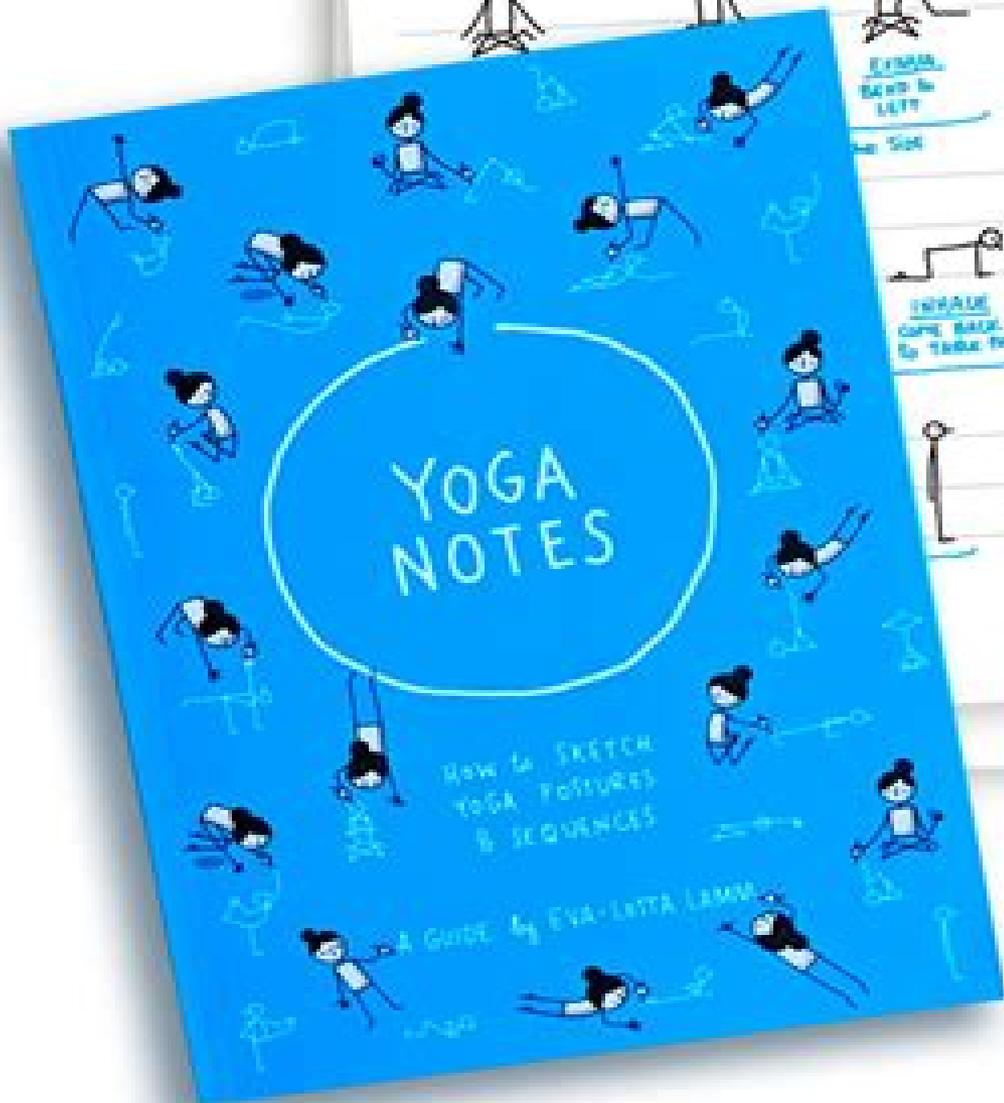


INHALE  
Stretch the  
HEAD UP

EXHALE  
Bend to  
the LEFT (Up)

Stand in  
Tadasana,  
EYES CLOSED  
HEAVEN.

(2) after 100



# A Simple Guide To Yoganotes

**Marco Casella**



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