



AMERICAN INDIAN COUNCIL

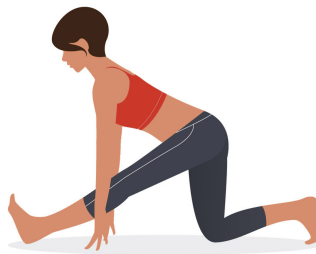
Yoga Practices Stretch Routine



**YOGA FOR
STRETCH
ROUTINE**



Crescent Lunge on the Knee



Half Splits II



Lunge on the Knee with Arm Extended Up



Dog



Cat



Revolved Child



Hero II



Cow Face Clasp Hand



Splits Wide



Bridge



Supine Bound Angle