
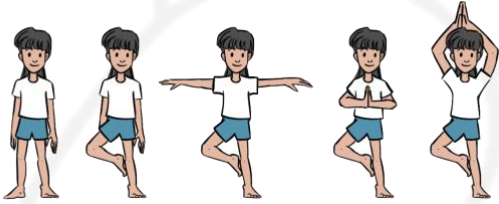





I AM.... FLOW SEQUENCE

<p>Strong – Warrior 2</p> <p>Keep your front knee over your ankle.</p> <p>Keep your arms in line with your shoulders.</p> <p>Extend from fingertip to fingertip.</p>	
<p>Kind – Tree</p> <p>Keep your gaze soft.</p> <p>Place your foot on either your ankle or your thigh.</p>	
<p>Brave – Chair</p> <p>Tuck your hips under.</p> <p>Sit back so that you can see your toes past your knees.</p>	
<p>Humble – Forward fold</p> <p>Bend your knees as much as needed.</p> <p>Fold from your hips.</p>	
<p>Friendly – Down dog</p> <p>Spread all your fingers wide and press down into the mat.</p> <p>Keep your back flat and hips lifted.</p>	
<p>Resilient – Cat pose</p> <p>Hips over knees and hands over shoulders.</p> <p>Push down with your hands and lift between your shoulders.</p>	