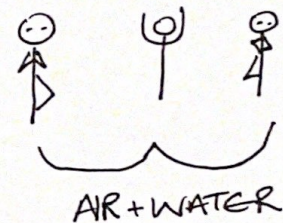
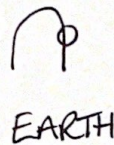
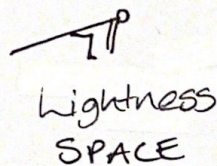
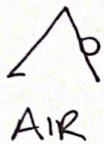
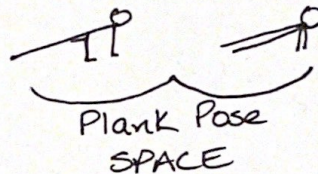
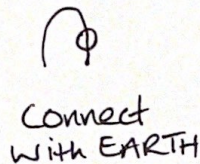
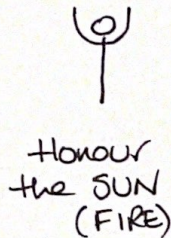
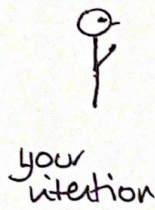


## CONNECTING TO THE ELEMENTS

Find your flow with this and adapt for shoulders and knee issues. If you can move with the breath it can become meditative.



(WATER - flowing between these two)



Repeat on other side as you'll have to take right leg back initially

Do as many rounds as feels right for you.

"You are a guest. Leave this earth a little more beautiful, a little more human, a little more lovable, a little more fragrant, for those unknown guests who will be following you."  
~ Osho.

Phillipa April 2021