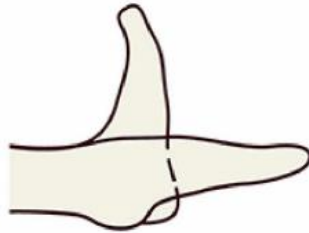


# Joint Freeing Yoga

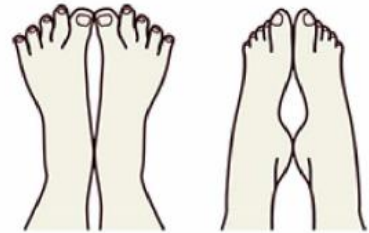
A beginner level practice to increase the Joint Mobility



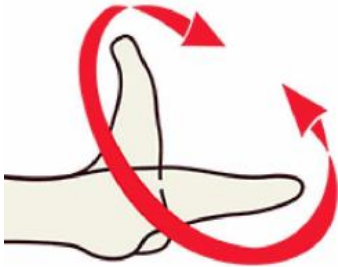
1. Staff Pose



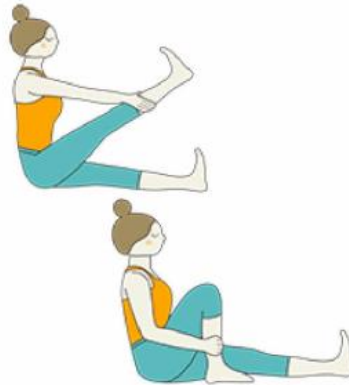
2. Foot And Ankle Exercise Close Up



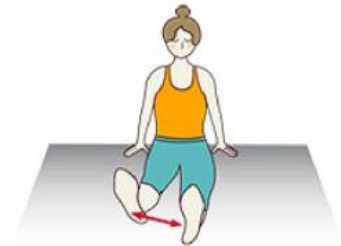
3. Soles In Out



4. Ankle Rotations Close Up



5. Staff Pose Knee Stretches



6. Seated Leg Lifts To Side Exercise

# Joint Freeing Yoga

A beginner level practice to increase the Joint Mobility



7. Seated Straddle Pose Variation Sitting Upright



8. Cat Cow Pose



9. Table Top Pose Variation Leg Raised



10. Cat Pose Variation Knee



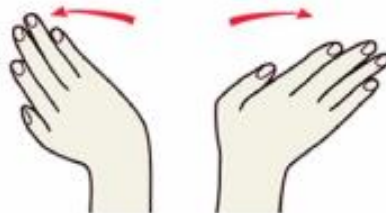
11. Table Top Pose Hips Side Flow



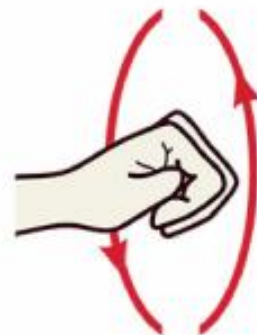
12. Thunderbolt Pose



13. Wrist Bending



14. Wrist Exercise Side To Side Close Up



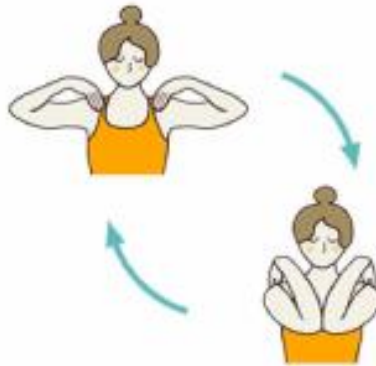
15. Wrist Joint Rotation

# Joint Freeing Yoga

A beginner level practice to increase the Joint Mobility



16. Elbow Bending Close Up



17. Shoulder Rolls Bent Elbows Variation Close Up



18. Cactus Arms Close Up



19. Cactus Arms Down Close Up



20. Thunderbolt Pose Arms Rotation



21. Seated Cow Pose



22. Seated Cat Pose



23. Easy Pose Variation Side



24. Easy Pose Variation Side

# Joint Freeing Yoga

A beginner level practice to increase the Joint Mobility



25. Revolved Easy Pose



26. Revolved Easy Pose



27. Neck Bend Exercise Close Up



28. Neck Side Stretch Pose Close Up



29. Neck Twists Close Up