



## W E E K L Y   S C H E D U L E

### PILATES X STRENGTH X DESI STYLE

#### M O N D A Y

SURYA NAMASKAR &  
FULL-BODY STRENGTH

#### T U E S D A Y

START WITH  
KAPALBHATI  
PRANAYAMA

#### W E D N E S D A Y

DO INDIAN-STYLE  
LUNGES

#### T H U R S D A Y

FAST-PACED  
BHARATANATYAM OR  
GARBA-INSPIRED  
DANCE MOVES

#### F R I D A Y

YOGA NIDRA FOR  
DEEP RELAXATION

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STRETCHES LIKE  
GOMUKHASANA FOR  
SHOULDERS.

#### S U N D A Y

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# Pilates At Home Weekly Ad Today

**Victor M. Corman**



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