
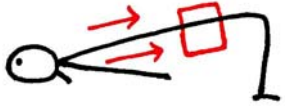


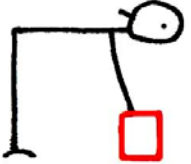
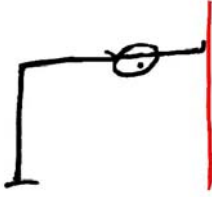

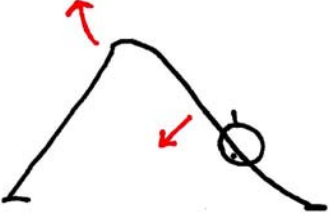

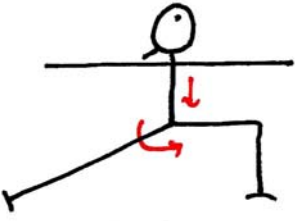
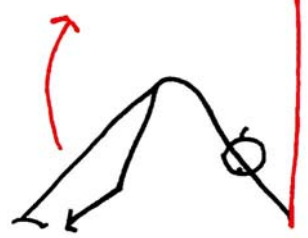
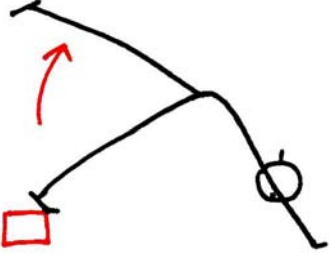
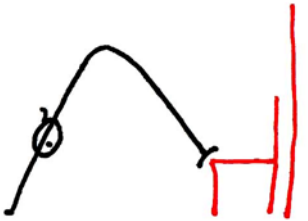


Adho Mukha Vrksasana

Engaging Mula Bandha to engage to core for support and freedom from fear in Handstand.

<p>Mula Bandha in Virasana (ground sit bones, pubis, tail bone, lift center)</p>	 <p>Namaste Wrist Stretch</p>	 <p>Block Bridge Pose</p>	 <p>Low Side Lunge</p>	 <p>Block Tadasana Urdhva Hastasana (inner thighs in & back, ribs in, long tail)</p>
 <p>Padangusthasana (lift pubis, lengthen groins)</p>	 <p>Half Dog @ Wall (core strong & open shoulders)</p>	 <p>Block Plank (lengthen inner leg, lift front of body towards back of body)</p>	 <p>Prana Dog (Inhale: lift sit bones, sink chest, look up)</p>	 <p>Apana Dog (Exhale: drop sit bones, look at navel, MB)</p>
 <p>Virabhadrasana II (draw sit bones in & forward)</p>	 <p>Down Dog (feet on block, lift one leg quickly)</p>	 <p>Down Dog (hop & kick up)</p>	 <p>Chair Ardha Adho Mukha Vrksasana</p>	<p>PARTNER Adho Mukha Vrksasana</p>
<p>Uttanasana</p>	<p>Upavista Konasana (Mula Bandha)</p>	<p>Maha Mudra</p>	<p>Seated Meditation</p>	<p>Savasana</p>