
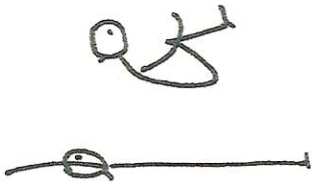




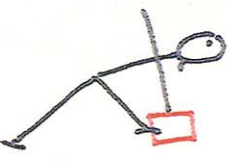

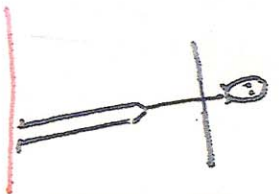
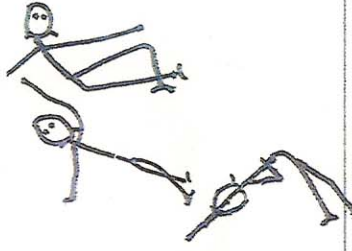
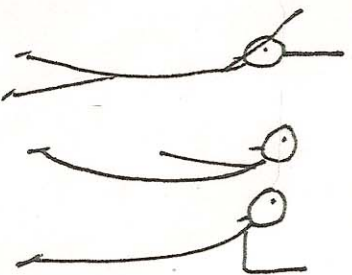


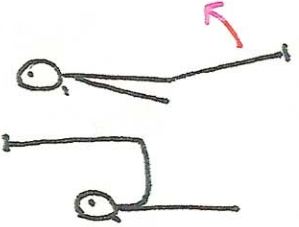







Abdominals

 <p>Supta Padangusthasana (Abs crunch)</p>	 <p>Extend / Curl</p>	 <p>Spinal Roll</p>	 <p>Khapala Bhati</p>	 <p>Virasana Side Bend</p>
<p>Surya Namaskar x 2</p>  <p>Twisting Prasarita Padottanasana</p>	 <p>Trikonasana</p>	 <p>Down Dog</p>	 <p>Vasisthasana @ wall</p>	 <p>Side Lift w/ Twist</p>
 <p>Twisting Leg Lifts</p>	 <p>Twisted Root</p>	 <p>Navasana</p>	 <p>Roll Over</p>	
 <p>Sirsasana Prep @ wall</p>	 <p>Childs</p>	 <p>Restorative Backbend</p>	 <p>Reclining Twist</p>	 <p>Savasana</p>