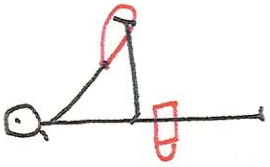








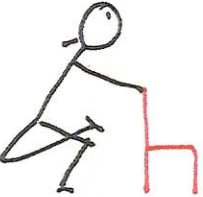
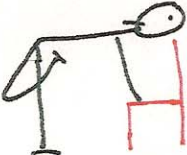
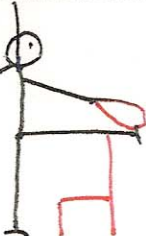


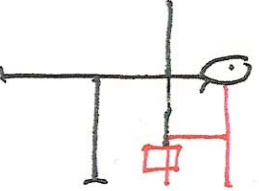

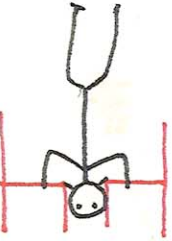


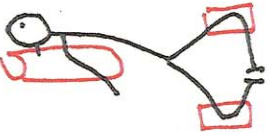


Balance

 <p>Supta Padangusthasana</p>	 <p>Vajrasana</p>	 <p>Calf Stretch</p>	 <p>Tadasana (feet together)</p>	 <p>Uttanasana</p>
 <p>Down Dog</p>	 <p>Pigeon</p>	 <p>Standing Quadriceps Stretch</p>	 <p>Vrksasana</p>	 <p>Standing Four Square</p>
 <p>Ardha Baddha Padmottanasana</p>	 <p>Urdhva Hasta Padangusthasana</p>	 <p>Virabhadrasana II</p>	 <p>Trikonasana</p>	 <p>Ardha Chandrasana (neck supported)</p>
 <p>Uttanasana (turn head)</p>	 <p>Headless Sirsasana w/ Chairs</p>	 <p>Setu Bandha</p>	 <p>Reclining Twist</p>	 <p>Queen's Pose</p>