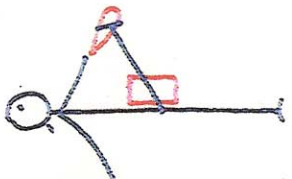














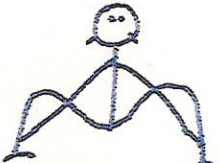





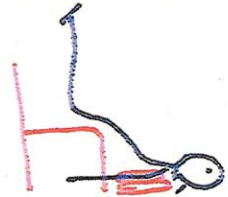





Blossoming Lotus

Harness your creativity by moving energy through the lower chakras and the groins.

 <p>Supta Padangusthasana I & III</p>	 <p>Half Happy Baby</p>	 <p>Virasana Gomukhasana</p>	 <p>Virasana Garudasana</p>	 <p>Baddha Uttanasana</p>
 <p>Low Inside Lunge</p>	 <p>Adho Mukha Svanasana</p>	 <p>Wide Malasana</p>	 <p>Prasarita Padottanasana</p>	 <p>Side Lunges</p>
 <p>Baddha Trikonasana</p>	 <p>Baddha Parsva Konasana</p>	 <p>Baddha Ardha Matsyendrasana</p>	 <p>Parivrtta Upavista Konasana</p>	 <p>Baddha Konasana</p>
 <p>Vikasitakamalasana Prep (hold ankles)</p>	 <p>R - Parivrtta Vikasitakamalasana Prep (R arm under R leg)</p>	 <p>R - Baddha Parivrtta Vikasitakamalasana (press R palm into floor)</p> <p>REPEAT TO LEFT SIDE</p>	 <p>R - Vikasitakamalasana (Blossoming Lotus)</p>	 <p>R - Utthita Vikasitakamalasana</p>
 <p>Baddha Konasana</p>	 <p>Chair Salamba Sarvangasana</p>	 <p>Matsyendrasana</p>	 <p>Reclining Twist</p>	 <p>Savasana</p>