

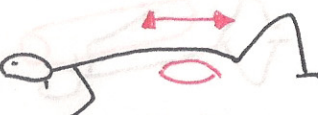
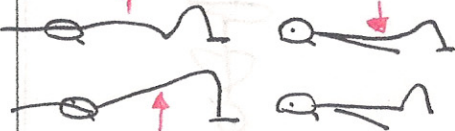
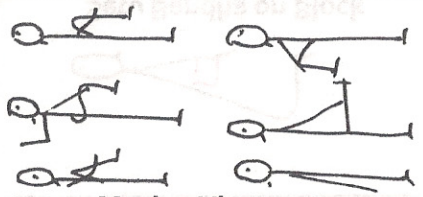

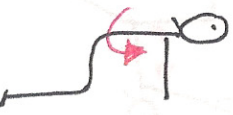
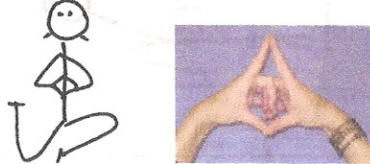
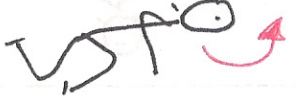





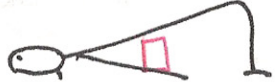
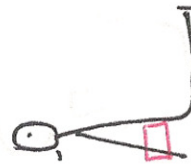




Asana, Pranayama or Mudra	Method	Asana, Pranayama or Mudra	Method
 <p>Svadhithana Mudra</p>	<ul style="list-style-type: none"> • Right hand on belly, left hand out and palm up • Inhale into open palm, exhale into belly • VAM – VAM - VAM 	 <p>Belly Bolster</p>	<ul style="list-style-type: none"> • Lie on belly with end of bolster above pubic bone • Bend one knee and straighten other, change sides
 <p>Pelvic Tilts</p>	<ul style="list-style-type: none"> • Tennis balls under sacrum and rock forward and back with the breath • I: Arch back – E: Tuck tailbone 	 <p>Moving Setu Bandha</p>	<ul style="list-style-type: none"> • I: Arch back, raise arms • E: Press back to floor • I: Lift pelvis up • E: Arms & pelvis on floor
 <p>Moving Vinyasa #1</p>	<ul style="list-style-type: none"> • E: Right knee in - I: Right knee out to side - E: Right knee across - I: R leg straight – E: Right knee in – I: Arms & Legs long 	 <p>Cat/Cow on Forearms</p>	<ul style="list-style-type: none"> • First to center • Then walk forearms diagonally to side and repeat to both sides
 <p>Cat/Cow Barrel Roll</p>	<ul style="list-style-type: none"> • From all fours move belly around in a circle 	 <p>Z Pose w/ Yoni Mudra</p>	<ul style="list-style-type: none"> • Sit with one leg internally and one leg externally rotated • VAM
 <p>Shaitylasana Series</p>	<ul style="list-style-type: none"> • Dive like a dolphin over bent knee moving with the breath 	 <p>Pigeon with Adho Merudanda Mudra</p>	<ul style="list-style-type: none"> • Extend back leg and continue wave like movements over bent knee

Asana, Pranayama or Mudra	Method	Asana, Pranayama or Mudra	Method
 <p>Goddess Squat</p>	<ul style="list-style-type: none"> • Squat with feet wide apart, elbows on inner knees, palms together 	 <p>Hip Circles</p>	<ul style="list-style-type: none"> • Stand with hands on hips • Move hips in circle both directions like hula hoop
 <p>Virabhadrasana I @ Wall</p>	<ul style="list-style-type: none"> • Toes up wall, finger tips on wall above head • Pelvic tilting slowly without twisting pelvis 	 <p>Setu Bandha at Wall</p>	<ul style="list-style-type: none"> • Block under sacrum, one knee into chest, other on wall • Lower leg, externally rotate keeping sacrum flat on block
 <p>Setu Bandha on Block</p>	<ul style="list-style-type: none"> • Lie on back with block under sacrum 	 <p>Block Inversion</p>	<ul style="list-style-type: none"> • Lie on back with block under sacrum • Extend legs toward ceiling
 <p>Supta Baddhakonasana</p>	<ul style="list-style-type: none"> • Rest back on bolster with feet together and knees apart and supported 	 <p>Closing Meditation</p>	<ul style="list-style-type: none"> • Imagine lotus opening and closing with the breath • OM SVADHISTHANA DEVAYA NAMAHA