
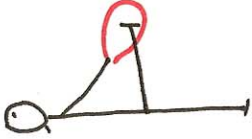

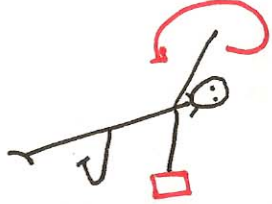






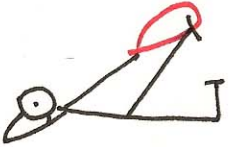






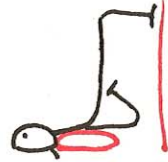




Chill Out!

Poses that are *langhana* (cooling) to the body and emotions and help to balance the *pitta dosha* (firey constitution).

 <p>Ardha Apanasana</p>	 <p>Supta Padangustasana Allow stretch to happen</p>	 <p>Tadaka Mudra Soften belly</p>	 <p>Ardha Mandalasana Express by moving top arm</p>	 <p>Uttanasana Surrender head below heart</p>
 <p>Parsvottanasana Bend front knee, Rest forehead</p>	 <p>Adho Mukha Svanasana Find ease</p>	 <p>Eka Pada Rajakapotasana Surrender head below heart</p>	 <p>Balasana Total surrender</p>	 <p>Makarasana Open heart</p>
 <p>Ananthasana Feel grounded & buoyant</p>	 <p>Upavista Konasana Forehead on bolster</p>	 <p>Apana Mudra Grounding Touch of thumbs, middle & ring finger tips, extend others down</p>	 <p>Janu Sirsasana Forehead on bolster</p>	 <p>Triang Mukha Ekapada Paschimottanasana Forehead on bolster</p>
 <p>Baddha Konasana Breathe along spine</p>	 <p>Maha Sacral Mudra Expanded Pelvis From Namaste, open palms bringing ring & little fingers together, extend others</p>	 <p>Ardha Sarvangasana Use support</p>	 <p>Jathara Parivartanasana Surrender w/ eyes closed</p>	 <p>Savasana</p>