

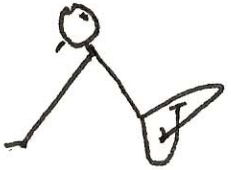



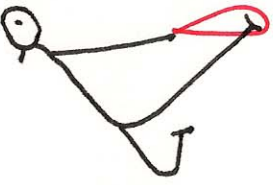





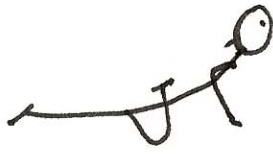









Qualities Asana Cultivates

These tenets of Asana practice are garnered from the Gheranda Samhita, a classic yogic text published in the 1700's

<p><i>Do everything consciously</i></p>  <p>Shoulder Shrugs</p>	<p><i>Invite sensation, positive, negative & neutral</i></p>  <p>Seated Twist</p>	 <p>Heart Opener</p>	 <p>Bound Forward Bend</p>	 <p>Seated Forward Bend</p>
 <p>Garudasana (forward bend)</p>	 <p>Krounchasana</p>	 <p>Sun Bird</p>	 <p>Table Twist</p>	<p><i>Find balance in all planes R/L, front/back, top/bottom</i></p>  <p>Virasana Side bend</p>
 <p>Circle Pose</p>	 <p>Down Dog</p>	<p><i>Balance strength & Flexibility</i></p>  <p>R/L - Pigeon</p>	<p><i>Release comparison of yourself in world</i></p>  <p>Bhujangasana</p>	 <p>Down Dog</p>
 <p>R/L - Ardha Matsyendrasana</p>	<p><i>Balance full effort & total surrender</i></p>  <p>Anantasana</p>	<p><i>Inhabit Body Fully</i></p>  <p>Setu Bandha</p>	 <p>Apanasana</p>	<p><i>Release tension in body, mind & emotions</i></p>  <p>Savasana</p>