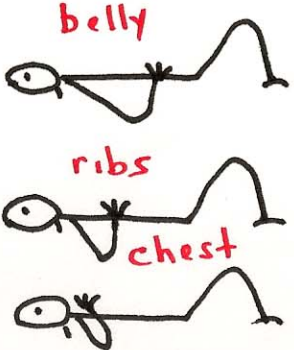



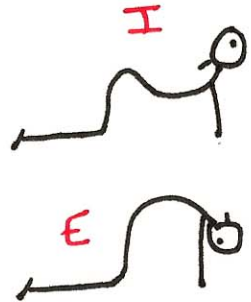

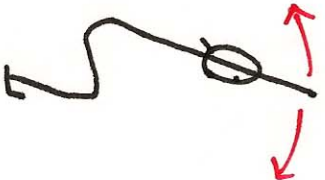
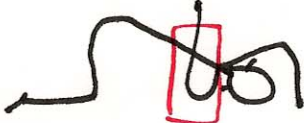

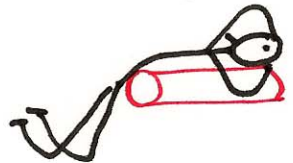
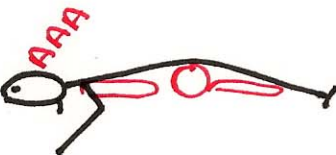
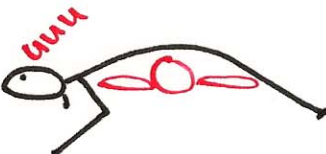
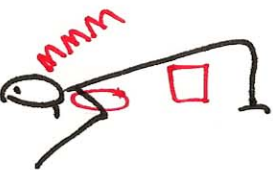




Restore & Chant

Chanting the three parts of AUM in various poses to feel the vibration in the torso.

 <p>3 Part Breath</p>	 <p>Belly Breath Touch belly and chant AAA in low pitch</p>	 <p>Rib Breath Touch ribs and chant UUU in medium pitch</p>	 <p>Chest Breath Touch chest and chant MMM in high pitch</p>	 <p>Cat/Cow</p>
 <p>Puppy Pose</p>	 <p>Puppy Pose Side to side</p>	 <p>Table Twist</p>	 <p>Balasana Knees wide apart</p>	 <p>Supta Bharadvajasana</p>
 <p>Low Back Backbend Chant AAA x 5</p>	 <p>Mid Back Backbend Chant UUU x 5</p>	 <p>Setu Bandha Chant MMM x 5</p>	 <p>Chant AAA, UUU, MMM Chant AUM</p>	 <p>Savasana</p>