
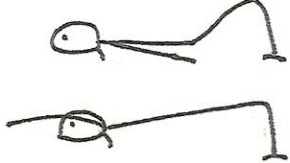



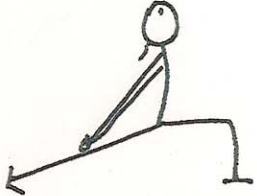

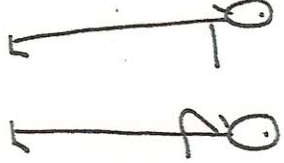


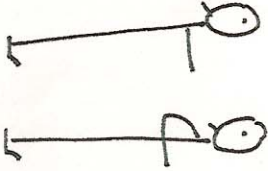




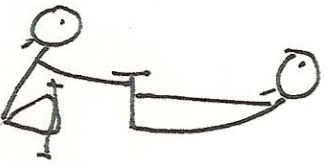

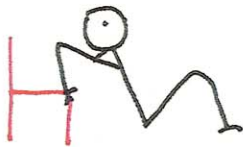

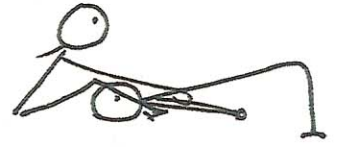

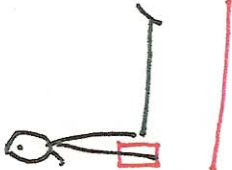





Salamba Sarvangasana Prep

relieves allergies, alleviates asthma, stimulates thyroid, and calms the nervous system

				
Block Backbend	Moving Setu Bandha	Apanasana	Baddha Tadasana	Baddha Uttanasana
				
Baddha Anjaneyasana	Adho Mukha Svanasana	Plank / Chaturanga Dandasana	Bhujangasana	Adho Mukha Svanasana
				
Plank / Chaturanga Dandasana	Salabhasana	Bhekasana	Adho Mukha Svanasana	Balasana
				
PARTNER Dhanurasana	Baddha Prasarita Padottanasana	Chair Purvottanasana Prep	Chair Purvottanasana	PARTNER Setu Bandha
				
Apanasana	Salamba Sarvangasana Prep on Block	Reclining Neck Traction	Reclining Twist	Savasana