

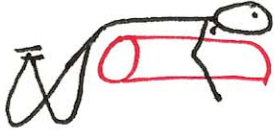






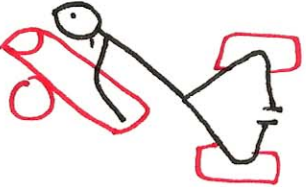
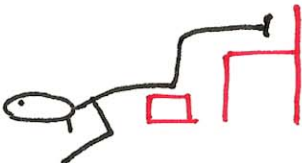



Spaciousness Restoratives

Gently opening the body in all directions to create more spaciousness for the breath.

 <p>Side Bend</p>	 <p>Notice Breath</p>	 <p>Supta Bharadvajasana</p>	 <p>Notice Breath</p>
 <p>Upper Back Backbend</p>	 <p>Middle Back Backbend</p>	 <p>Lower Back Backbend</p>	 <p>Notice Breath</p>
 <p>Salamba Balasana</p>	 <p>Supta Baddha Konasana</p>	 <p>Instant Maui</p>	 <p>Savasana</p>