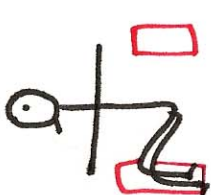
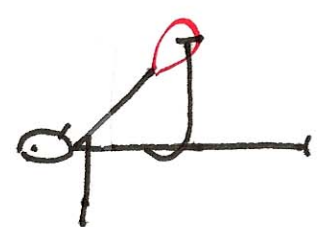








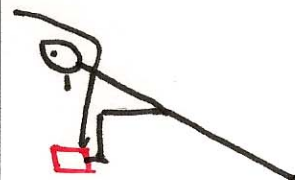


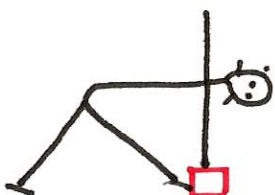








Transitional Twists

Finding the calm at the center of the storm by using twists to help you deal with transition.

 <p>Reclining Twists Lower legs on blocks</p>	 <p>Supta Padangusthasana I, II, III</p>	 <p>Melting Heart</p>	 <p>Puppy Pose Side to side</p>	 <p>Table Twist Knee up</p>
 <p>Parvrita Virasana Arms overhead</p>	 <p>Adho Mukha Svanasana</p>	 <p>Parvrita Adho Mukha Svanasana</p>	 <p>Virabhadrasana II Right side</p>	 <p>Trikonasana Right side</p>
 <p>Parsva Konasana Right side, then all three poses to left side</p>	 <p>Uttanasana</p>	 <p>Parsvottanasana</p>	 <p>Parvrita Trikonasana</p>	 <p>Adho Mukha Svanasana</p>
 <p>Bharadvajasana</p>	 <p>Marichyasana</p>	 <p>Setu Bandha</p>	 <p>Apanasana</p>	 <p>Savasana</p>