
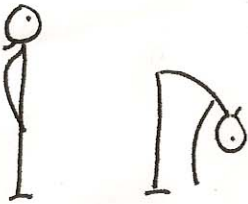

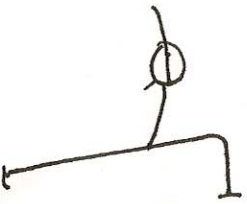
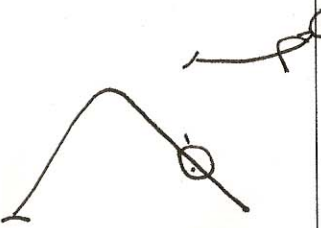
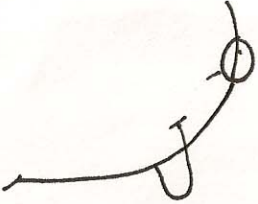

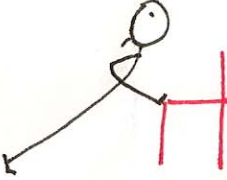
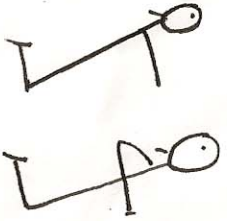

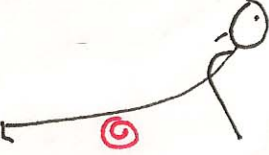
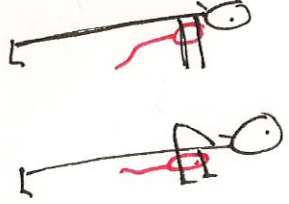
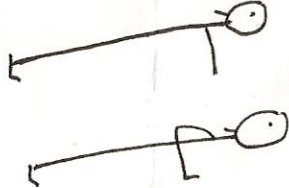
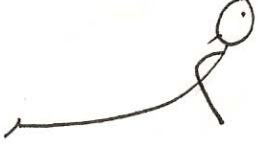



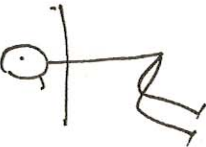




Chaturanga Dandasana Surya Namaskar

 <p>Backbend Over Roll</p>	 <p>Uttanasana</p>	 <p>Ardha Uttanasana</p>	 <p>Anjanasana</p>	 <p>Down Dog</p>
 <p>Pigeon Backbend</p>	 <p>Wall Plank / Chaturanga / Scoop Thru</p>	 <p>Chair Plank / Chaturanga / Drop Hips</p>	 <p>Knee Plank / Chaturanga Dandasana</p>	 <p>Chaturanga Dandasana w/ Bolster</p>
 <p>Urdhva Mukha Svanasana w/ Bolster</p>	 <p>Plank / Chaturanga Dandasana w/ Strap</p>	 <p>Plank / Chaturanga Dandasana</p>	 <p>Urdhva Mukha Svanasana</p>	 <p>Down Dog</p>
 <p>Childs</p>	 <p>Tabletop / Purvottanasana</p>	 <p>Reclining Twist</p>	 <p>Block Backbend</p>	 <p>Savasana</p>