
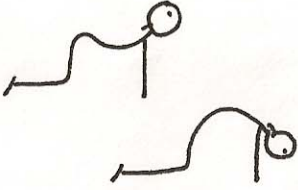
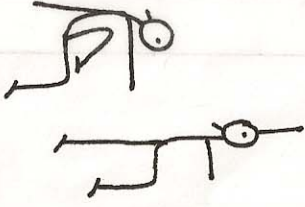

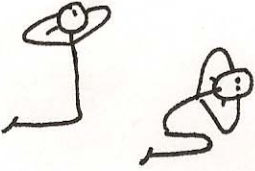
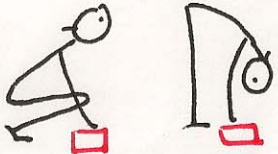

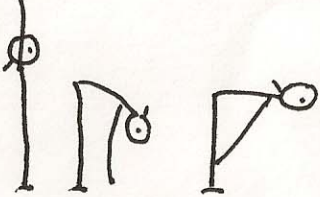

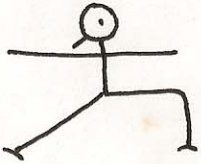
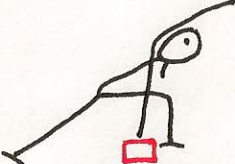
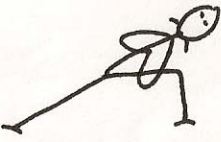
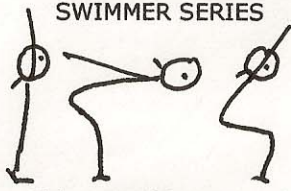

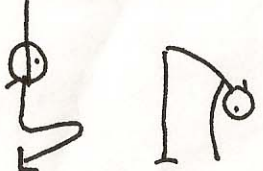

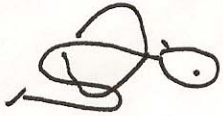
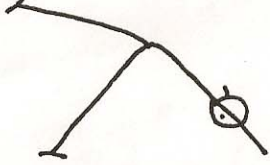
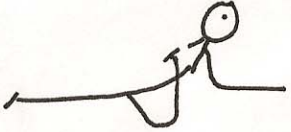
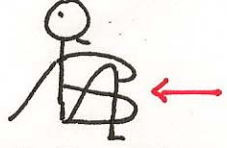


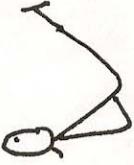
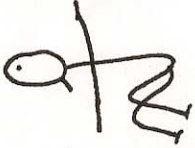



Digestive Cleansing Practices

 <p>Kaphalabhati (27)</p>	 <p>Cat/Cow</p>	 <p>Tiger</p>	 <p>Kneeling Crescent Moon</p>	 <p>Maha Asana</p>
 <p>Hara Squat & Uttanasana</p>	 <p>Agni Sara Kriya</p>	 <p>Ardha Surya Namaskar</p>	 <p>Parvrita Vrksasana</p>	 <p>Virabhadrasana</p>
 <p>Parsvakonasana</p>	 <p>Parvrita Parsvakonasana</p>	<p>SWIMMER SERIES</p>  <p>Talasana / Swimmer / Utkatasana</p>	 <p>Parvrita Utkatasana & Kaphalabhati (27)</p>	 <p>Toe Squat / Uttanasana</p>
 <p>Nauli Virasana (w/ hands)</p>	 <p>Bhunam Vajrasana</p>	 <p>Down Dog (raise leg)</p>	 <p>Pigeon</p>	 <p>Ardha Matsyendrasana & Kaphalabhati (27)</p>
 <p>Butterfly & Kaphalabhati (27)</p>	 <p>Yoga Nidrasana</p>	 <p>Viparita Karani Mudra</p>	 <p>Reclining Twist</p>	 <p>Savasana</p>