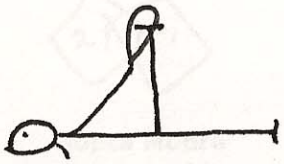
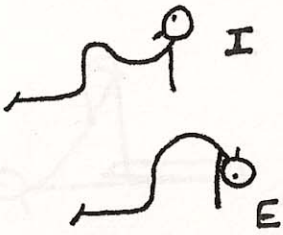










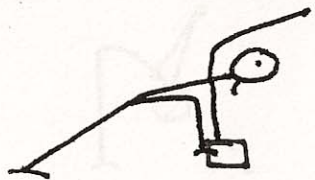
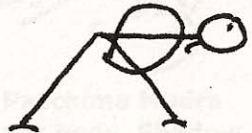




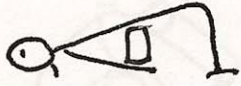
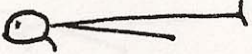


Let's Twist Again

stabilizing the pelvis and twisting from the waist to protect the sacrum and lower back.

| | | | | |
|--|--|---|--|--|
|  <p>Supta Padangusthasana</p> |  <p>Cat/Cow</p> |  <p>Table Twist</p> |  <p>Ganeshasana</p> | <p>Builds Fire, Transformation</p>  <p>Matangi Mudra Interlace fingers except middle which extend, fingertips touching</p> |
|  <p>Uttanasana</p> |  <p>R/L - Twisted Low Lunge</p> |  <p>Adho Mukha Svanasana</p> |  <p>Prasarita Padangusthasana</p> |  <p>Parvrita Prasarita Padottanasana</p> |
|  <p>Chair Parvrita Trikonasana</p> |  <p>Trikonasana</p> |  <p>Parsva Konasana</p> |  <p>Baddha Trikonasana</p> |  <p>Quadriiceps Opener (back foot on block)</p> |
|  <p>Parvrita Janu Sirsasana</p> |  <p>Janu Sirsasana</p> |  <p>Jathara Parivartanasana</p> |  <p>Setu Bandha</p> |  <p>Savasana</p> |