

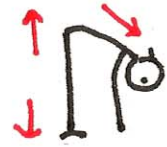
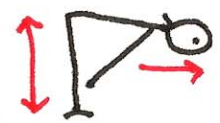
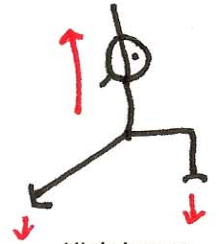
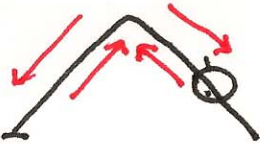


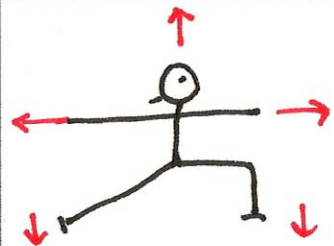
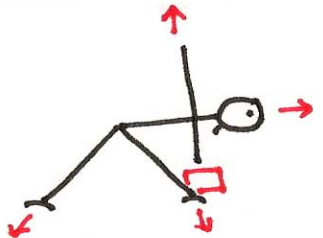
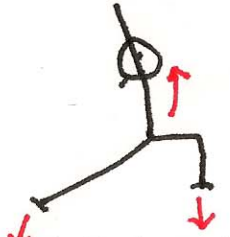


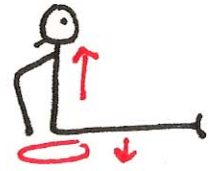
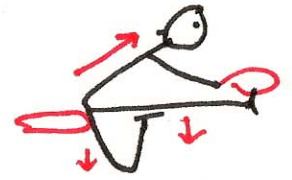

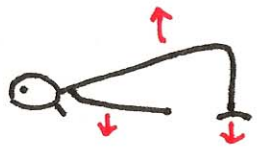
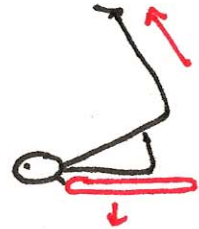
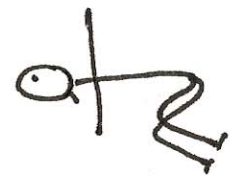
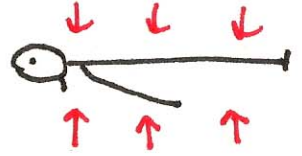


Manifestation & Ascension

Feeling both the grounding and lift of the body in simple asanas.

 <p>Virasana Pranayama (I: sit bones, E: crown)</p>	 <p>Tadasana (I: feet, E: crown)</p>	 <p>Uttanasana (ground feet, lift sit bones,</p>	 <p>Ardha Uttanasana (lift heart)</p>	 <p>High Lunge (ground feet, lift spine & arms)</p>
 <p>Down Dog (ground soles, lift sit bones)</p>	 <p>Childs (ground soles, lift crown)</p>	 <p>Vrksasana (ground soles, lift crown)</p>	 <p>Virabhadrasana II (ground soles, lift spine)</p>	 <p>Trikonasana (ground soles, extend spine)</p>
 <p>Virabhadrasana I (ground soles, lift spine)</p>	 <p>Uttanasana (ground feet, lift sit bones)</p>	 <p>Baddha Konasana (I: ground hips, E: lift crown)</p>	 <p>Dandasana (ground thighs, lift spine)</p>	 <p>Maha Bandha (ground thighs, lift spine)</p>
 <p>Upavistha Konasana (ground thighs, lift spine)</p>	 <p>Setu Bandha (ground arms/feet, lift pelvis)</p>	 <p>Salamba Sarvangasana (ground arms, lift legs)</p>	 <p>Reclining Twist (ground, lift spine)</p>	 <p>Savasana (ground, lift crown)</p>