
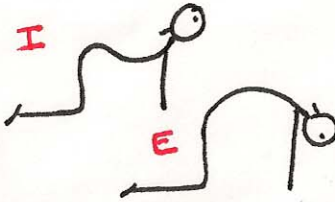







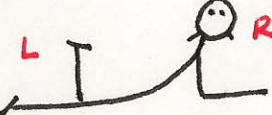
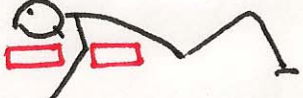

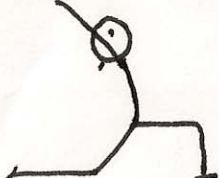
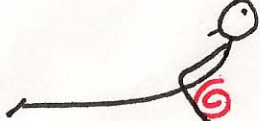




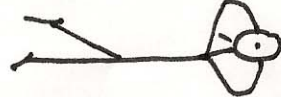

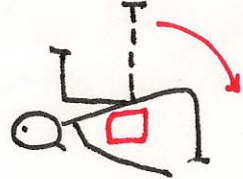
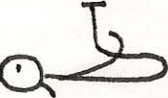
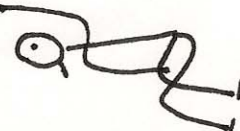



Mudras & Backbends

 <p>Roll Backbend (upper back)</p>	 <p>Cat/Cow</p>	 <p>Diving Dolphin</p>	 <p>Tadasana (side bend)</p>	 <p>Tadasana Gomukhasana</p>
 <p>Tadasana Garudasana</p>	 <p>Yoga Mudra</p>	 <p>Jyesththa Mudra hands on upper back <i>Breathe into upper lungs</i></p>	 <p>Adho Mukha Svanasana</p>	 <p>Makarasana</p>
 <p>Vinyasa Sphinx</p>	 <p>Block Backbend</p>	 <p>Madhyama Mudra thumbs press in armpits <i>Breathe into middle lungs</i></p>	 <p>Anjanyasana</p>	 <p>Bhujangasana (on roll)</p>
 <p>Roll Backbend (middle back)</p>	 <p>Adho Mukha Svanasana</p>	 <p>Hugging Childs</p>	 <p>Kanishtha Mudra hands at waist <i>Breathe into lower lungs</i></p>	 <p>Ardha Salabhasana Prep</p>
 <p>Ardha Salabhasana</p>	 <p>Vinyasa Setu Bandha</p>	 <p>Happy Baby</p>	 <p>Reclining Twist</p>	 <p>Mountain Brook</p>