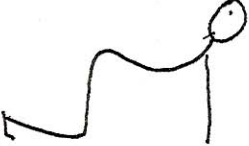
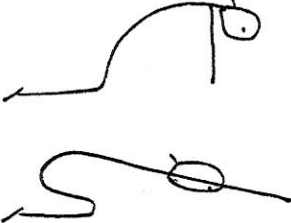



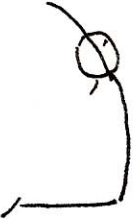




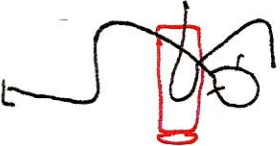
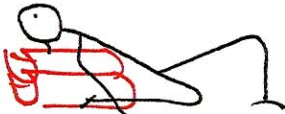

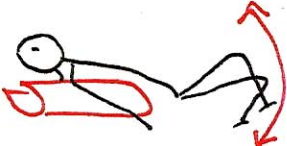
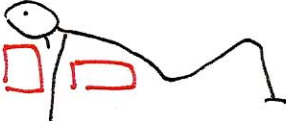


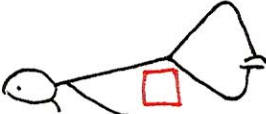
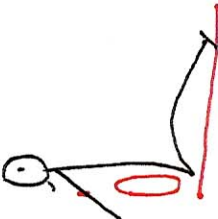
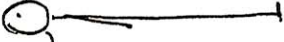


Restorative Backbends

 <p>I - Cat Seal</p>	 <p>E - Cat Seal</p>	 <p>I - Active Cat</p>	 <p>E - Active Cat</p>	 <p>Childs (hands crossed)</p>
 <p>I - Bali Seal</p>	 <p>E - Bali Seal</p>	 <p>Apanasana</p>	 <p>I - Moving Bridge</p>	 <p>E - Moving Bridge</p>
 <p>Puppy Twist</p>	 <p>Supta Virasana</p>	 <p>Supta Baddha Konasana</p>	 <p>Supta Jathara Parivartanasana</p>	 <p>Block Backbend</p>
 <p>Childs</p>	 <p>Fully Supported Backbend</p>	 <p>Setu Bandha Baddha Konasana</p>	 <p>Viparita Karani</p>	 <p>Savasana</p>