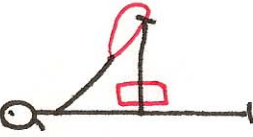




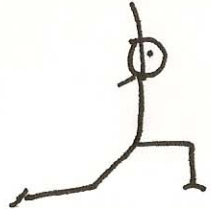
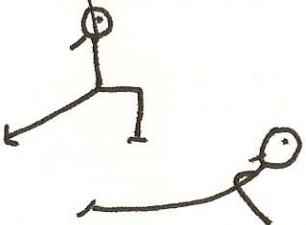
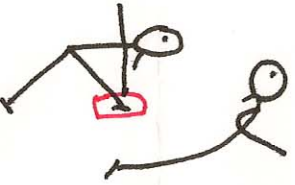


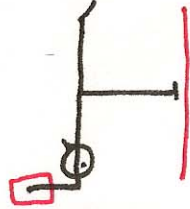
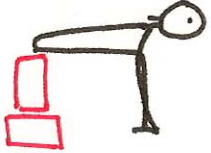



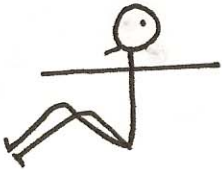
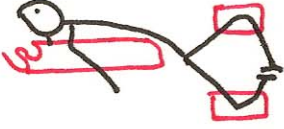





# Spring Surya Namaskar

Kriyas to rid body of Ama and balance Kapha energy

				
Supta Padangusthasana	Apanasana	Kaphala Bhati (25 x 3)	Ujayi Pranayama	Cat/Cow
<b>#1 SURYA NAMASKAR</b> 	<b>#2 SURYA NAMASKAR</b> 	<b>#3 SURYA NAMASKAR</b> 	<b>#4 SURYA NAMASKAR</b> 	
Low Lunge	Hi Lunge / Cobra	Trikonasana / Cobra	Pigeon	Childs Pose
				
Ardha Pincha Mayurasana @ wall	Khanjanasana	Bharadvajasana II	Setu Bandha	Apanasana
				
Jathara Parivartanasana	Supta Baddha Konasana	Viparita Karani	Ujayi Pranayama	Savasana