


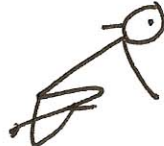



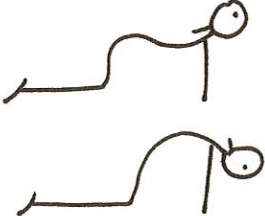

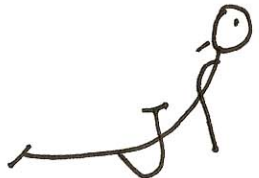


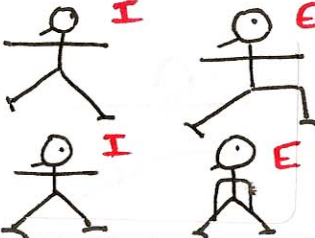




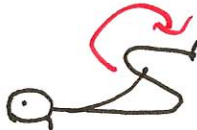
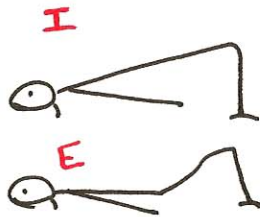
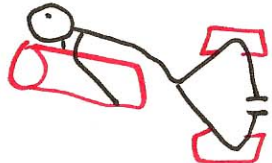


Water

Embodying the Water element with subtle hip openers and belly work to allow fluidity in the body and emotions.

 <p>Belly Massage</p>	 <p>Barrel Rolls</p>	 <p>Seated Side Bend</p>	 <p>Sukhasana Forward Bend</p>	 <p>Abdominal Massage R - Center - L</p>
 <p>Dolphin Dives</p>	 <p>Balasana Wide knees</p>	 <p>Cat/Cow</p>	 <p>Adho Mukha Svanasana</p>	 <p>Ekapada Rajakapotasana Backbend</p>
 <p>Ekapada Rajakapotasana Forward bend</p>	 <p>Adho Mukha Svanasana</p>	 <p>Virabhadrasana II Move w/ breath</p>	 <p>Uttanasana</p>	 <p>Baddha Konasana Soft belly & Shanka Mudra</p>
<p>Tranquility, Balance Water</p>  <p>Shanka Mudra Hold L thumb in R fist. Lay L fingers over R knuckles</p>	 <p>Reclining Twist</p>	 <p>Circle Knees</p>	 <p>Setu Bandha Move w/ breath</p>	 <p>Supta Baddha Konasana</p>