

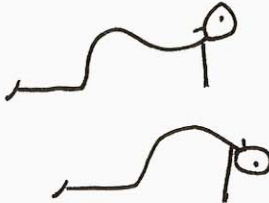








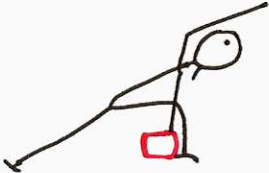

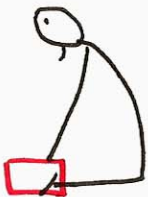

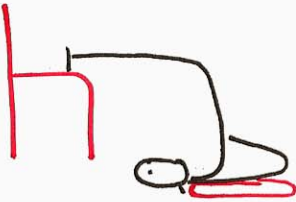


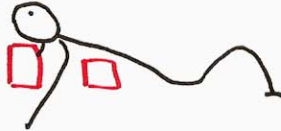



Embodying the Air element with heart opening poses and backbends to create space in the heart.

				
<b>Backbend over Roll</b>	<b>Hug Shoulders</b>	<b>Cat/Cow</b>	<b>Melting Heart</b>	<b>Table Twist</b>
				
<b>Tadasana Side Bend</b>	<b>Uttanasana</b>	<b>Adho Mukha Svanasana</b>	<b>Bhujangasana</b>	<b>Urdhva Mukha Svanasana</b>
				
<b>Virabhadrasana I</b>	<b>Parsva Konasana</b>	<b>Prasarita Padottanasana</b>	<b>Ustrasana</b>	<b>Purvottanasana</b>
				
<b>Salamba Halasana</b>	<b>Apanasana</b>	<b>Setu Bandha</b>	<b>Bricklayer's Rest</b>	<b>Neck Roll Savasana</b>