

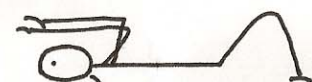
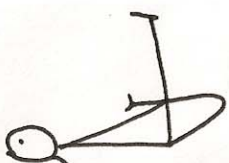
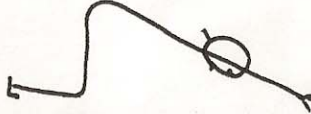



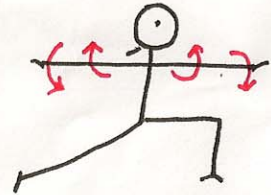


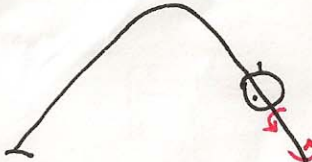
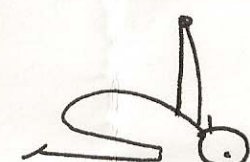
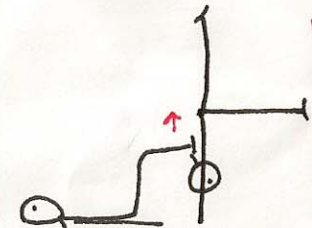



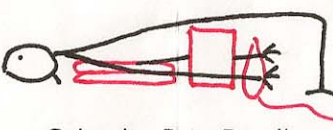
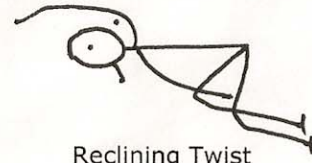
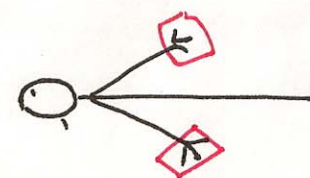


Arm Rotation

 <p>Backbend over Roll (arms over external rotation)</p>	 <p>Forearm Behind Back</p>	 <p>Garudasana (on back)</p>	 <p>Thread the Needle (straight leg)</p>	 <p>Puppy (both rotations)</p>
 <p>Gomukhasana</p>	 <p>Uttanasana (internal rotation)</p>	 <p>Vrksasana (reverse Namaste)</p>	 <p>Virabhadrasana II</p>	 <p>Prasarita Padottanasana</p>
 <p>Dolphin w/ block (external rotation x 3)</p>	 <p>Down Dog (both rotations)</p>	 <p>Baddha Hasta Balasana</p>	 <p>PARTNER: Ardha Adho Mukha Vrksasana</p>	 <p>Ardha Matsyendrasana</p>
 <p>Janu Sirsasana</p>	 <p>Baddha Konasana</p>	 <p>Salamba Setu Bandha (wrists strapped)</p>	 <p>Reclining Twist (arm up)</p>	 <p>Savasana (hands supported)</p>