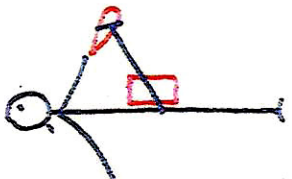







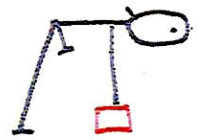


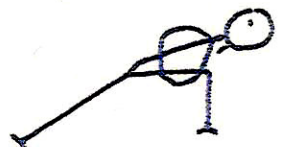









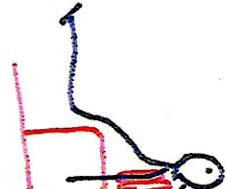





Blossoming Lotus

Harness your creativity by moving energy through the lower chakras and the groins.

| | | | | |
|--|---|---|--|---|
|  <p>Supta Padangusthasana I & III</p> |  <p>Half Happy Baby</p> |  <p>Virasana Gomukhasana</p> |  <p>Virasana Garudasana</p> |  <p>Baddha Uttanasana</p> |
|  <p>Low Inside Lunge</p> |  <p>Adho Mukha Svanasana</p> |  <p>Wide Malasana</p> |  <p>Prasarita Padottanasana</p> |  <p>Side Lunges</p> |
|  <p>Baddha Trikonasana</p> |  <p>Baddha Parsva Konasana</p> |  <p>Baddha Ardha Matsyendrasana</p> |  <p>Parivrtta Upavista Konasana</p> |  <p>Baddha Konasana</p> |
|  <p>Vikasitakamalasana Prep (hold ankles)</p> |  <p>R - Parivrtta Vikasitakamalasana Prep (R arm under R leg)</p> |  <p>R - Baddha Parivrtta Vikasitakamalasana (press R palm into floor)</p> <p>REPEAT TO LEFT SIDE</p> |  <p>R - Vikasitakamalasana (Blossoming Lotus)</p> |  <p>R - Utthita Vikasitakamalasana</p> |
|  <p>Baddha Konasana</p> |  <p>Chair Salamba Sarvangasana</p> |  <p>Matsyendrasana</p> |  <p>Reclining Twist</p> |  <p>Savasana</p> |