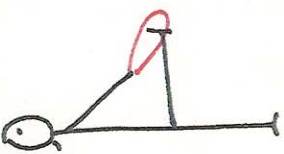
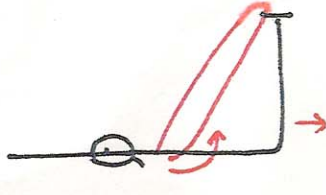




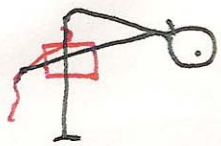

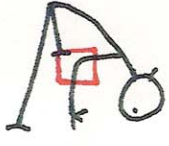

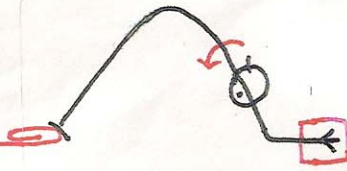
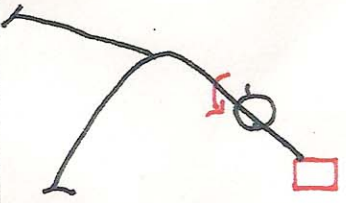



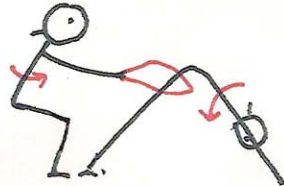
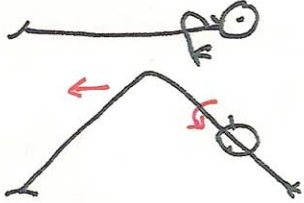
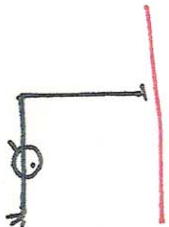

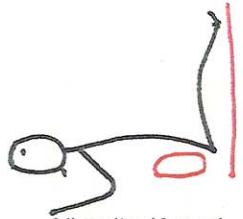


Down Dog Clinic

Finding balance between arms/legs, internal/external rotation, hamstrings/quadriceps.

 <p>Supta Padangusthasana I</p>	 <p>Supta Baddha Adho Mukha Svanasana</p>	 <p>Setu Bandha (align core)</p>	 <p>Vajrasana Garudasana</p>	 <p>Block Puppy</p>
 <p>Block Baddha Tadasana (quads vs. hamstrings)</p>	 <p>Block Uttanasana (strap grounds thighs)</p>	 <p>Block Utkatasana</p>	 <p>Prasarita Padottanasana (block b/t elbows)</p>	 <p>Utthita Padottanasana</p>
 <p>Block Dolphin (heels supported)</p>	 <p>Adho Mukha Svanasana (hands on blocks, lift leg)</p>	 <p>Eka Pada Rajakapotasana (Bhujangasana arms)</p>	 <p>Adho Mukha Svanasana (heels supported)</p>	 <p>Balasana</p>
 <p>Partner Adho Mukha Svanasana</p>	 <p>Adho Mukha Svanasana (position hands/feet)</p>	 <p>Ardha Adho Mukha Vrksasana</p>	 <p>Can-Can Twist</p>	 <p>Viparita Karani</p>