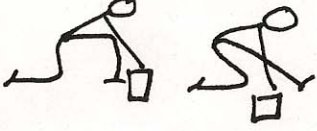
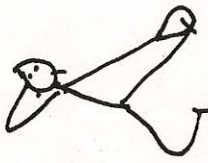





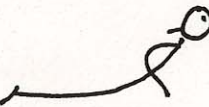


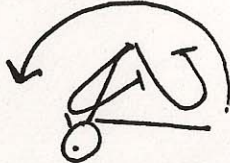
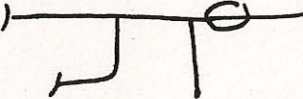

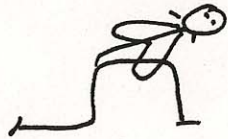
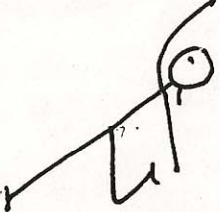





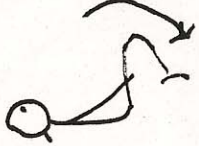
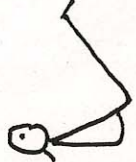





<p>EARTH</p>  <p>Supta Padangusthasana / Krounchasana Warm-up</p>	 <p>Anantasana</p>	 <p>Supta Vrksasana</p>	 <p>Childs</p>	 <p>Squat & Uttanasana</p>
<p>WATER</p>  <p>Virasana Swaying Waves</p>	 <p>Cat/Cow (back & forth)</p>	 <p>Cobra</p>	 <p>Table Twist</p>	 <p>Shaitalyasana</p>
 <p>Shaitalyasana Arm Circles</p>	<p>FIRE</p>  <p>Sun Bird</p>	 <p>Anjanyasana</p>	 <p>Parvrita Anjanyasana</p>	 <p>R - Half Circle</p>
 <p>R - Hugging Child</p>	 <p>Virasana</p>	<p>AIR</p>  <p>Ardha Ustrasana</p>	 <p>Pelvic Tilts</p>	 <p>Setu Bandha</p>
 <p>Knee Circles</p>	 <p>Viparita Karani Mudra</p>	 <p>Ardha Apanasana</p>	 <p>Knee Down Twist</p>	 <p>Savasana</p>