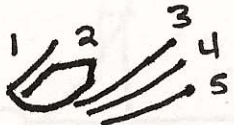
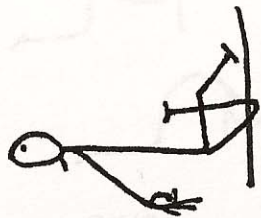
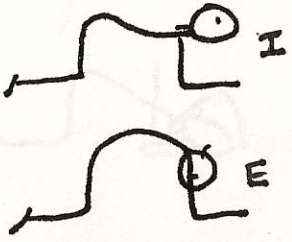
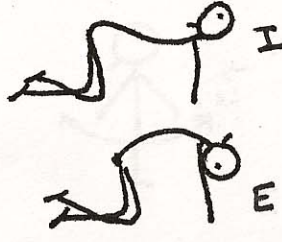






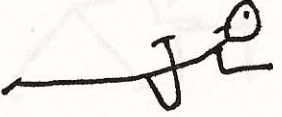
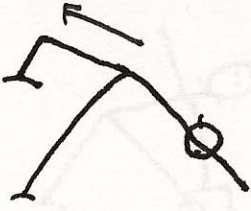

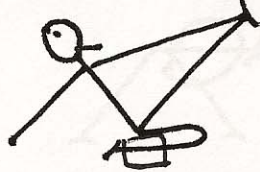

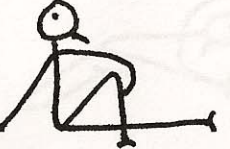

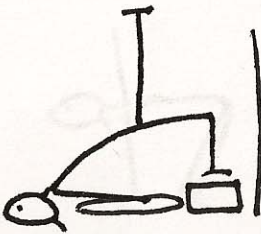
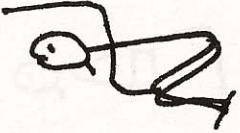



Approaching hip flexibility from all angles to bring balance to this major joint in the body and the related 2nd Chakra.

<p>Survival Issues</p>  <p>Prajna Prana Mudra Touch index tip to lower joint of thumb, extend all others</p>	 <p>Sucirandhrasana @ Wall</p>	 <p>Elbow Cat/Cow</p>	 <p>Gomukhasana Cat/Cow</p>	<p>Balances Water Element</p>  <p>Varuna Mudra Press R pinkie into base of R thumb, with L hand behind R, secure R thumb with L thumb</p>
 <p>Utthita Ardha Apanasana</p>	 <p>Utthita Eka Pada Rajakapotasana</p>	 <p>Uttanasana</p>	 <p>Utthan Pristhasana</p>	 <p>Adho Mukha Svanasana</p>
 <p>Eka Pada Rajakapotasana</p>	 <p>Eka Pada Adho Mukha Svanasana</p>	 <p>Balasana</p>	 <p>Parvrita Krounchasana</p>	 <p>Swastikasana</p>
 <p>Matsyendrasana</p>	 <p>Baddha Konasana w/ Kaki Pranayama (Inhale through nose, exhale through beaked lips)</p>	 <p>Eka Pada Setu Bandha (feet on block)</p>	 <p>Cross-leg Reclining Twist</p>	 <p>Savasana</p>