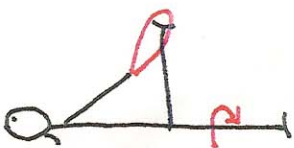



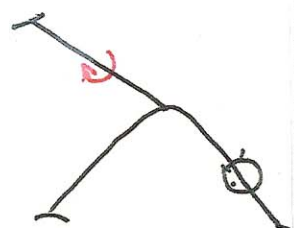

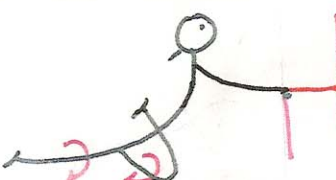
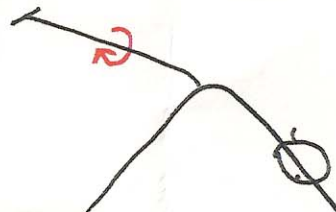

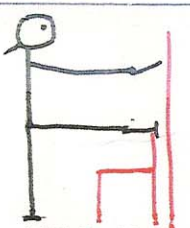


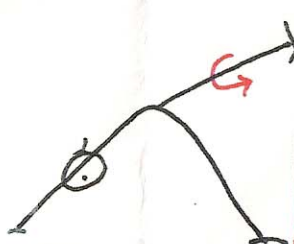

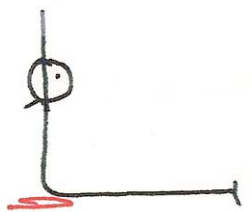
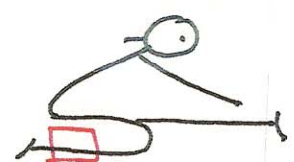
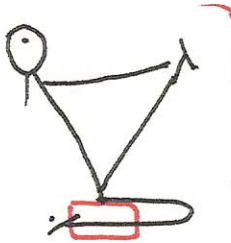
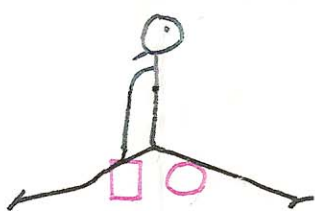
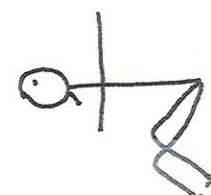
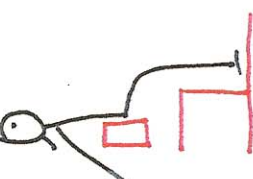


Hanumanasana

This pose in which the legs are split forward and back, mimics Hanuman's famous leap from the southern tip of India to the island of Sri Lanka.

 <p>Supta Padangusthasana I (internally rotate bottom leg)</p>	 <p>Supta Padangusthasana II (externally rotate top leg)</p>	 <p>Low Lunge (foot on block)</p>	 <p>Uttanasana</p>	 <p>Down Dog (lift legs, internal rotation)</p>
 <p>Childs</p>	 <p>Pigeon w/ Chair (external rotation front leg, Internal rotation back leg)</p>	 <p>Down Dog</p>	 <p>Childs</p>	 <p>Utthita Hasta Padangusthasana I (w/ chair @ wall)</p>
 <p>Utthita Hasta Padangusthasana II (w/ chair @ wall)</p>	 <p>Parsvottanasana</p>	 <p>Down Dog @ wall (lift legs)</p>	 <p>Childs</p>	 <p>Dandasana (internal rotation)</p>
 <p>Trianga Mukhaikapada Pascimottanasana</p>	 <p>Krounchasana</p>	 <p>Hanumanasana</p>	 <p>Reclining Twist</p>	 <p>Instant Maui</p>