










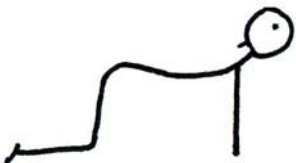
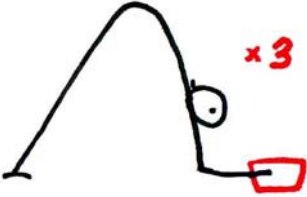

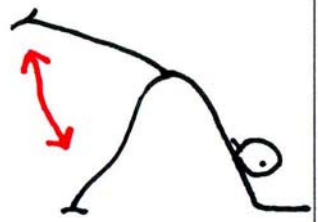
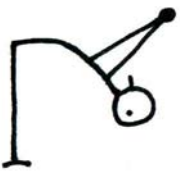

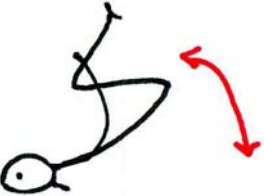




Pincha Mayurasana

Poses that prepare the shoulders for forearm balance.

 <p>Supta Pincha Mayurasana</p>	 <p>Virasana (elbow circles)</p>	 <p>Virasana Garudasana</p>	 <p>Elbow Puppy (3 block widths)</p>	 <p>Elbow Puppy (lift leg)</p>
 <p>Armpit Stretch @ wall</p>	 <p>Urdhva Hastasana</p>	 <p>Tadasana (block b/t elbows)</p>	 <p>Uttanasana (forearms squeeze shins)</p>	 <p>Down Dog</p>
 <p>Plank</p>	 <p>Bitilasana</p>	 <p>Dolphin (3 block widths)</p>	 <p>Dolphin Push-up</p>	 <p>Dolphin (swing leg)</p>
 <p>Uttanasana Baddha Hastasana</p>	 <p>PARTNER Pincha Mayurasana @ wall</p>	 <p>Rock & Roll</p>	 <p>Block Backbend</p>	 <p>Savasana</p>