




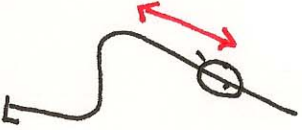

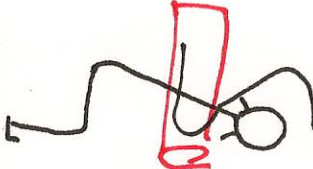

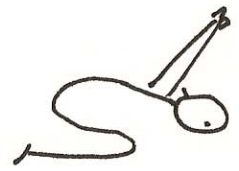

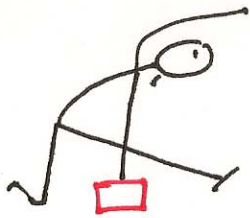


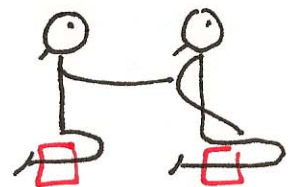







Pranayama

 <p>Constructive Rest (hand on belly & chest - OBSERVE)</p>	 <p>Backbend on Roll</p>	 <p>Sidebend on Roll</p>	 <p>Supta Bhradvajasana</p>	 <p>Cat/Cow</p>
 <p>Puppy</p>	 <p>Puppy Sidebend</p>	 <p>Puppy Twist</p>	 <p>Virasana Garudasana</p>	 <p>Childs (clasped)</p>
 <p>Virasana (crossed behind)</p>	 <p>Parigasana</p>	 <p>Hasta Tadasana</p>	 <p>Uttanasana</p>	 <p>Virasana (Partner hands on scapula)</p>
 <p>Virasana (strap around torso)</p>	<p>close glottis</p>  <p>Ujayi Pranayama</p>	<p>even Inhale/Exhale</p>  <p>Samavrkti Pranayama</p>	 <p>Exhale Pause</p>	 <p>Savasana</p>