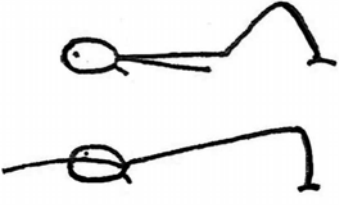




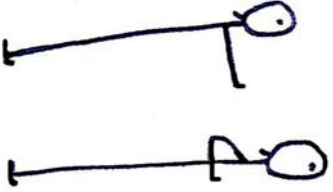




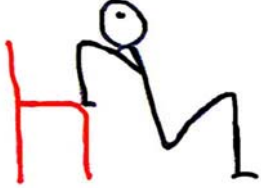

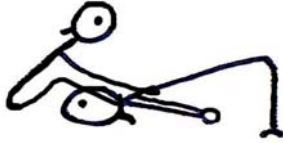
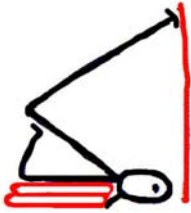

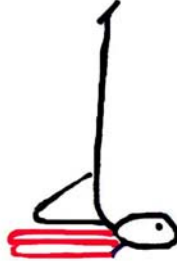




Salamba Sarvangasana

Relieves allergies, alleviates asthma, stimulates thyroid, and calms the nervous system

 <p>Moving Setu Bandha</p>	 <p>Tadasana</p>	 <p>Baddha Uttanasana</p>	 <p>Baddha Anjaneyasana</p>	 <p>Adho Mukha Svanasana</p>
 <p>Plank / Chaturanga Dandasana</p>	 <p>Salabhasana</p>	 <p>Dhanurasana</p>	 <p>Adho Mukha Svanasana</p>	 <p>Baddha Prasarita Padottanasana</p>
 <p>Chair Purvottanasana Prep</p>	 <p>Chair Purvottanasana</p>	 <p>Partner Setu Bandha</p>	 <p>Salamba Sarvangasana Prep @ wall</p>	<ul style="list-style-type: none"> • Ensure space under neck before going up • Press head into floor, root shoulders into blanket • Exhale, swing legs up to wall • Hands on lower back • Most weight on elbows, shoulders, head least • 5-10 breaths
 <p>Salamba Sarvangasana Prep</p>	<ul style="list-style-type: none"> • From previous position, lift chest and walk hands down • Soften temples, eyes, jaw • Lift feet, bend knees, toes to buttock • Weight even b/t shoulders & elbows • Lower belly lifts in • 5-10 breaths 	 <p>Salamba Sarvangasana</p>	 <p>Reclining Neck Traction</p>	 <p>Savasana</p>