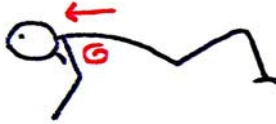



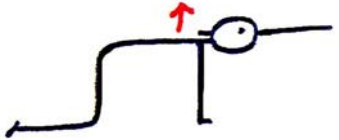




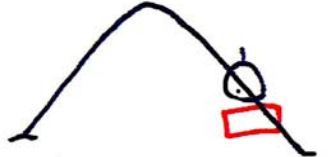

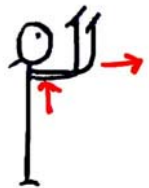


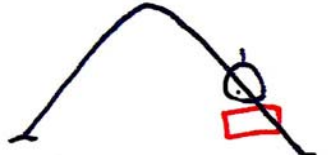
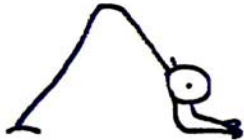
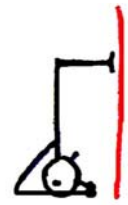





Salamba Sirsasana

Poses that strengthen and prepare the body for headstand.

 <p>Backbend over Roll</p>	 <p>Neck Roll</p>	 <p>Find Root of Neck w/ Partner (ear canal lines up w/ shoulder Occiput & Manubrium lift)</p>	 <p>Cat/Cow (puff root of neck)</p>	 <p>Superman Arms (puff root of neck)</p>
 <p>Anjaneyasana</p>	 <p>Plank (puff root of neck)</p>	 <p>Cobra (neck extension)</p>	 <p>Locust (neck extension)</p>	 <p>Down Dog (head supported)</p>
 <p>Uttanasana (neck rotation)</p>	 <p>Tadasana Garudaasana (Lift Manubrium, elbows forward)</p>	 <p>Virabhadrasana I (at wall with block at knee)</p>	 <p>Virabhadrasana I (1 min)</p>	 <p>Down Dog (head supported - 2 min)</p>
 <p>Dolphin (1 min)</p>	 <p>Sirsasana (half headless @ wall)</p>	 <p>Setu Bandha Sarvangasana</p>	 <p>Release Root of Neck</p>	 <p>Savasana (neck roll)</p>