
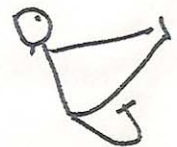
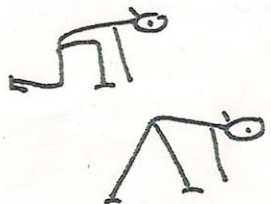

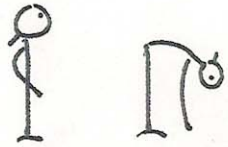
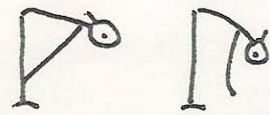
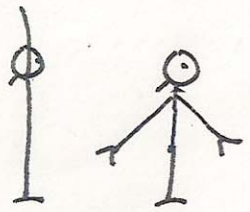

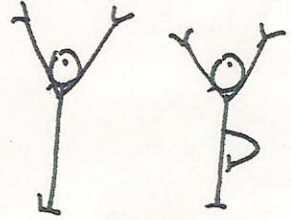

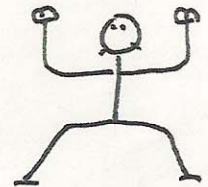

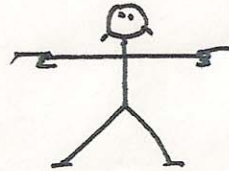



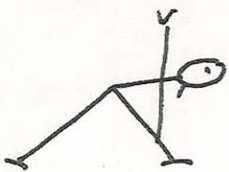



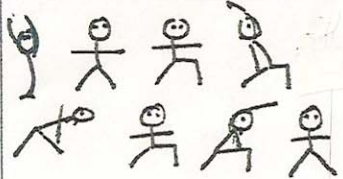




Standing Poses & Mudras

 <p>Seated <u>Bhu Mudra</u> (fist with index & middle fingers pointing down)</p>	 <p>Krounchasana Warm-up</p>	 <p>Lunge to Parsvottanasana</p>	 <p>Ganeshasana</p>	<p>HALF SUN SALUTE</p>  <p>Tadasana - Uttanasana</p>
 <p>Ardha Uttanasana - Uttanasana</p>	 <p>Tadasana</p>	<p>Breath flows Downward</p>  <p><u>Bhu Mudra</u></p>	 <p>Talasana</p>	<p>Breath flows Upward</p>  <p><u>Prana Mudra</u></p>
 <p>Deviasana</p>	<p>Breath in Torso</p>  <p><u>Brahma Mudra</u> (fists face out)</p>	 <p>Tarasana</p>	<p>Exhale to Proximity</p>  <p><u>Anushasana Mudra</u> (fist with index pointing out)</p>	 <p>R-Virabhadrasana II x 5</p>
<p>Powerful</p>  <p><u>Merudanda Mudra</u> (fist w/ thumb pointing up)</p>	 <p>Unsupported Trikonasana</p>	 <p>R-Virabhadrasana I x 5</p>	<p>Unshakeable Trust</p>  <p><u>Vajrapadama Mudra</u> (palms towards heart with interlaced fingers)</p>	 <p>Prasarita Padottanasana</p>
 <p>Down Dog</p>	 <p>Vinyasa Virabhadrasana Routine</p>	 <p>Salamba Sarvangasana</p>	 <p>Inverted Supta Baddha Konasana</p>	 <p>Instant Maui</p>