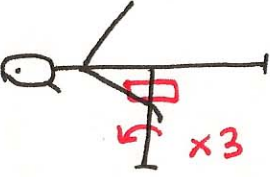



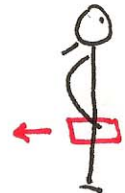
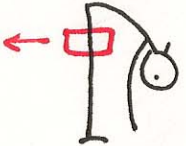
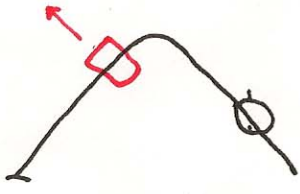
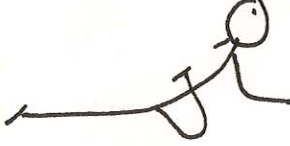
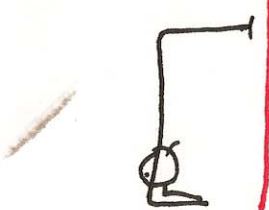
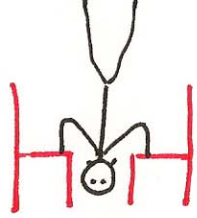




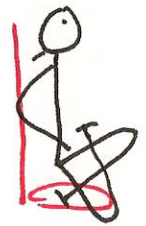



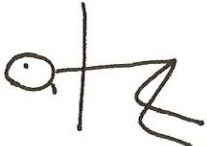



Sthira Sukham Asanam

 <p>Supta Padangusthasana II</p>	 <p>Supta Swastikasana</p>	 <p>Ardha Anandabalasana</p>	 <p>Supta Ardha Padmasana</p>	 <p>Tadasana</p>
 <p>Uttanasana (block b/t legs)</p>	 <p>Adho Mukha Svanasana (block b/t legs)</p>	 <p>Eka Pada Rajakapotasana</p>	 <p>Sirsasana (headless on forearms)</p>	 <p>Headless Sirsasana w/ chairs</p>
 <p>Janu Sirsasana (block b/t legs)</p>	 <p>Baddha Konasana (block b/w feet)</p>	 <p>Upavistha Konasana (press thighs back)</p>	 <p>Siddhasana @ wall</p>	 <p>Padmasana @ wall</p>
 <p>Meditation (10 minutes)</p>	 <p>Shoulder Shrugs</p>	 <p>Apanasana</p>	 <p>Reclining Twist</p>	 <p>Savasana</p>