
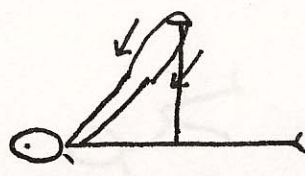


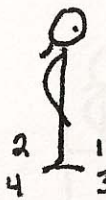
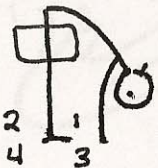
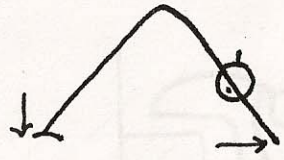
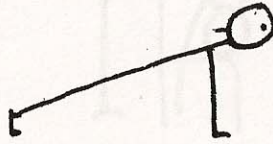
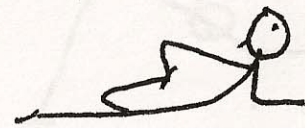
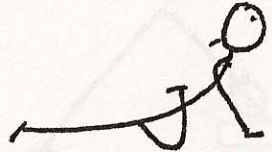



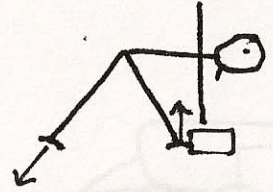
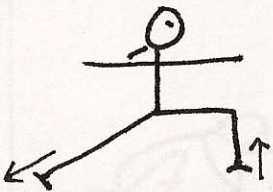
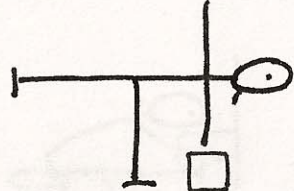


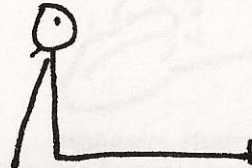



Grounding the feet to build a strong foundation in the standing poses which will ultimately create less stress around the knees.

 <p>Foot Massage</p>	 <p>Supta Padangusthasana (pronate & supinate feet using strap)</p>	 <p>Virasana (w/ block and roll)</p>	<p>Grounding Energy</p>  <p>Apana Mudra (Touch tips of thumb, middle and ring fingers, extend others)</p>	 <p>Tadasana (pronate & supinate feet, then ground feet via 4 points)</p>
 <p>Uttanasana w/ Block (ground feet via 4 points)</p>	 <p>Adho Mukha Svanasana (ground feet, walk feet in, then hands forward)</p>	 <p>Plank</p>	 <p>Bhekasana</p>	 <p>Eka Pada Rajakapotasana</p>
 <p>Vrksasana w/ Knee @ wall (supinate foot, then ground big toe)</p>	 <p>Garudasana (point toes if they do not wrap)</p>	 <p>Prasarita Padottanasana (ground inner feet & lift arches)</p>	 <p>Trikonasana (supinate back foot, pronate front foot)</p>	 <p>Virabhadrasana II (ground inner heel, lift inner knee)</p>
 <p>Ardha Chandrasana (ground big toe)</p>	 <p>Uttanasana</p>	 <p>Purvottanasana</p>	 <p>Dandasana</p>	 <p>Savasana (ankle roll)</p>