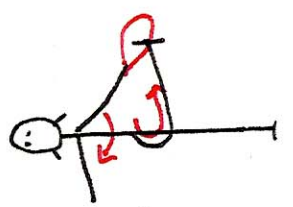
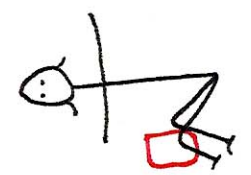

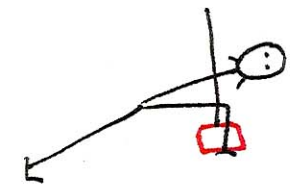

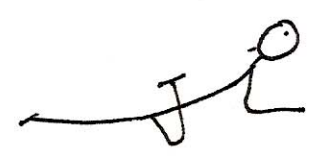
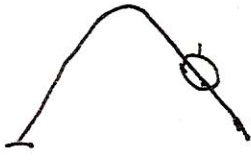
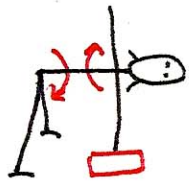
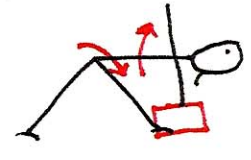

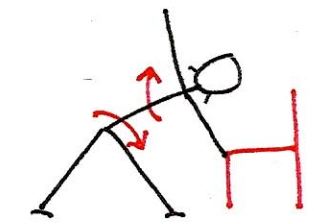



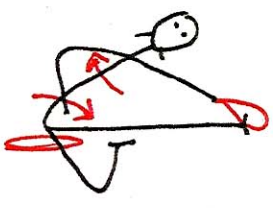
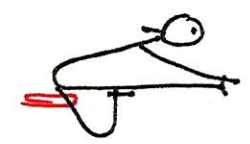
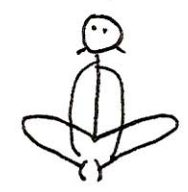
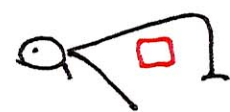
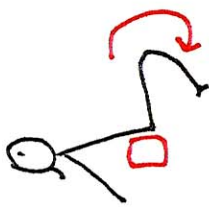



A Tale of Two Bellies

| | | | | |
|--|--|--|--|---|
|  <p>Supta Padangusthasana I & III</p> |  <p>Reclining Twist on blocks</p> |  <p>Puppy (side to side)</p> |  <p>Lo/Hi Twisted Lunge</p> |  <p>Down Dog</p> |
|  <p>Pigeon</p> |  <p>Down Dog</p> |  <p>Parvrita Prasarita Padottanasana</p> |  <p>Trikonasana</p> |  <p>Parsvottanasana</p> |
|  <p>Parvrita Parsva Konasana</p> |  <p>Parvrita Parsva Konasana</p> |  <p>Uttanasana</p> |  <p>Utthita Marichyasana</p> |  <p>Parvrita Janu Sirsasana</p> |
|  <p>Janu Sirsasana</p> |  <p>Baddha Konasana</p> |  <p>Salamba Setu Bandha</p> |  <p>Knee Circles</p> |  <p>Savasana</p> |