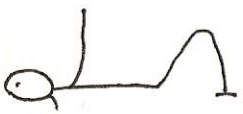
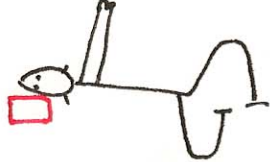


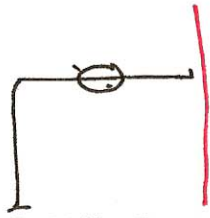
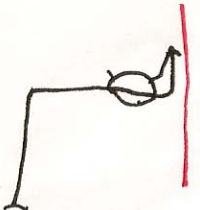




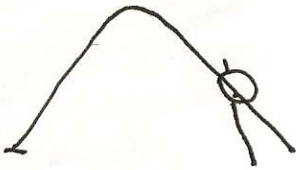
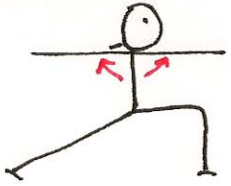



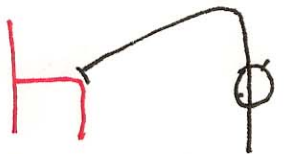






# Upper Back & Shoudlers

 <p>Constructive Rest (shoulder warm-up)</p>	 <p>Open Sesame</p>	 <p>Virasana Gomukhasana Var.</p>	 <p>Virasana Garudasana</p>	 <p>Ardha Adho Mukha Svanasana @ Wall</p>
 <p>Dolphin @ Wall</p>	 <p>Uttanasana (forearms hug calves)</p>	 <p>Prasarita Padottanasana (hands on block)</p>	 <p>Vrksasana</p>	 <p>Puppy (test hand width)</p>
 <p>Down Dog (test hand width)</p>	 <p>Virabhadrasana I (support arms underneath)</p>	 <p>PARTNER Parsva Konasana (soften deltoid)</p>	 <p>Prasarita Padottanasana (hands on block)</p>	 <p>Backbend on bolster (block in hands)</p>
 <p>Urdhva Mukha Vrksasana w/ Chair</p>	 <p>Urdhva Mukha Vrksasana</p>	 <p>Setu Bandha (keep upper back wide)</p>	 <p>Reclining Twist</p>	 <p>Savasana</p>