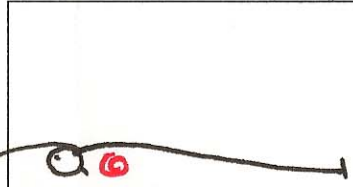

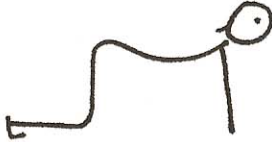
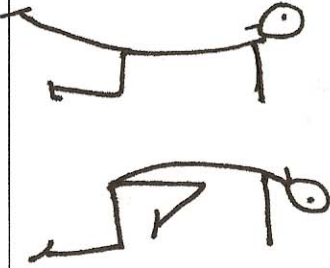
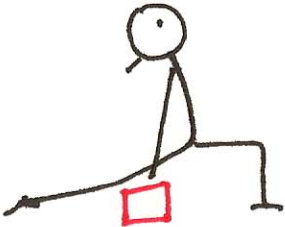

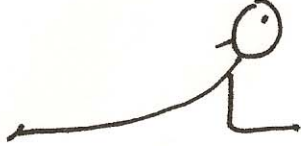
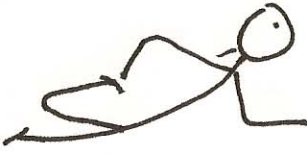
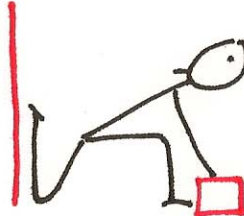
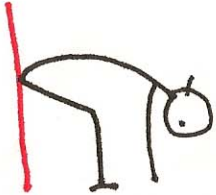
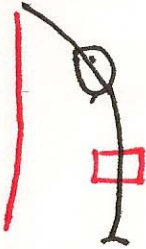
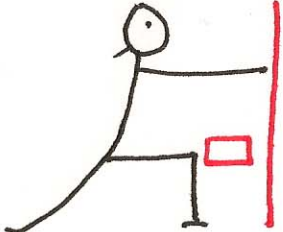
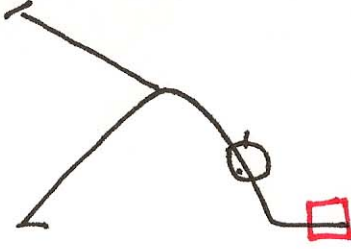


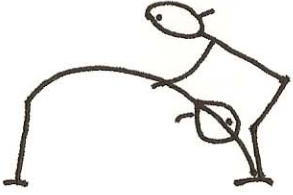
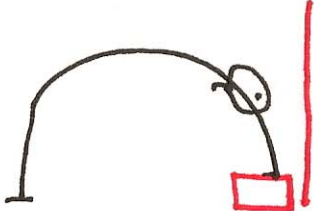
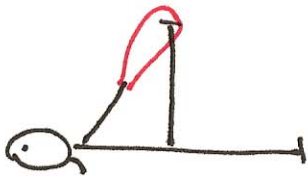
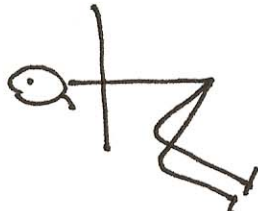
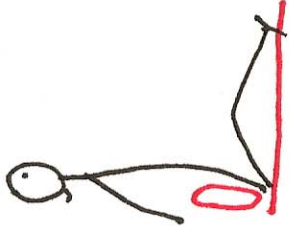


Urdhva Dhanurasana

Stretching armpit chest and Psoas for backbends

 <p>Backbend over Roll</p>	 <p>Puppy Armpit Chest Stretch</p>	 <p>Cat/Cow</p>	 <p>Active Cat</p>	 <p>Hi/Lo Psoas Lunge</p>
 <p>Down Dog</p>	 <p>Sphinx</p>	 <p>Bhekasana</p>	 <p>Psoas Stretch @ wall</p>	 <p>Wall Hang</p>
 <p>Tadasana Backbend @ Wall</p>	 <p>Warrior I w/ Block @ Wall</p>	 <p>Dolphin (lift leg)</p>	 <p>PARTNER Ardha Pincha Mayurasana @ Wall (lift leg)</p>	 <p>Dhanurasana</p>
 <p>PARTNER Urdhva Dhanurasana</p>	 <p>Urdhva Dhanurasana (hands on block)</p>	 <p>Supta Padangusthasana</p>	 <p>Reclining Twist</p>	 <p>Viparita Karani</p>