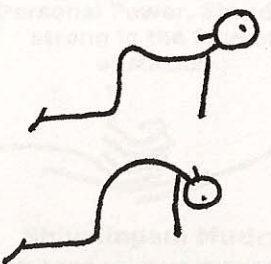
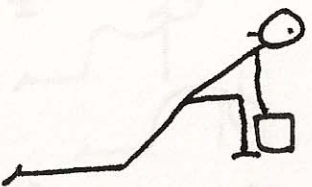


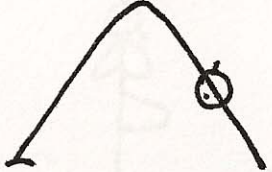
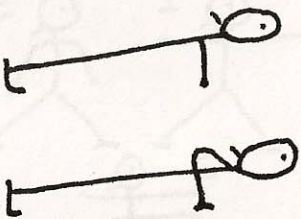

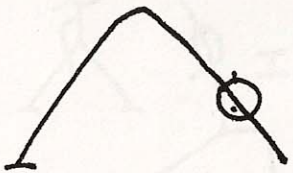
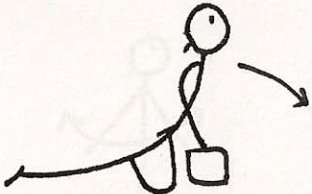
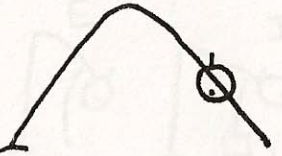


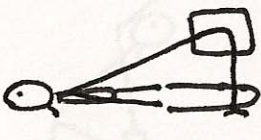
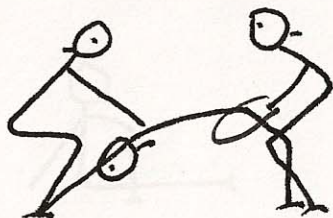
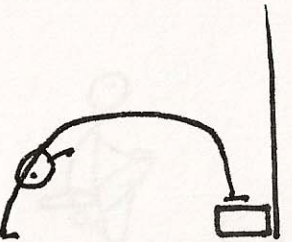
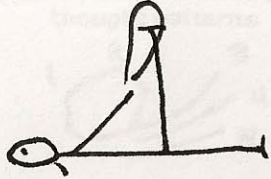

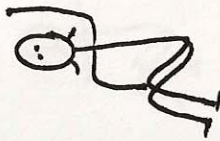
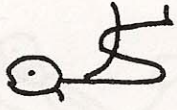



Urdhva Dhanurasana

Releasing the hip flexors to find comfort in the lower back in Upward Facing Bow pose.

 <p>Cat/Cow</p>	 <p>Low Lunge</p>	 <p>Supta Ardha Virasana</p>	 <p>Virasana</p>	 <p>Adho Mukha Svanasana</p>
 <p>Plank / Chaturanga Dandasana</p>	 <p>Bhujangasana</p>	 <p>Adho Mukha Svanasana</p>	 <p>Eka Pada Rajakapotasana (hands on blocks)</p>	 <p>Adho Mukha Svanasana</p>
 <p>Balasana</p>	 <p>Setu Bandha (supported w/ arms overhead)</p>	 <p>Setu Bandha (block between knees, strap around ankles)</p>	<p>2 PARTNER</p>  <p>Urdhva Dhanurasana</p>	 <p>Urdhva Dhanurasana</p>
 <p>Supta Padangusthasana</p>	 <p>Viparita Karani Mudra</p>	 <p>Reclining Twist</p>	 <p>Apanasana</p>	 <p>Savasana (lower legs supported)</p>