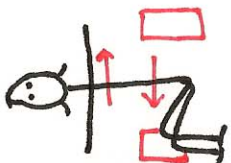
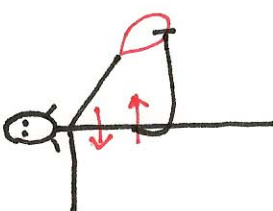


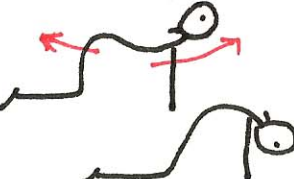
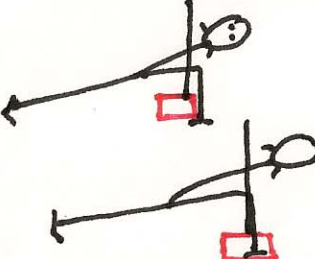
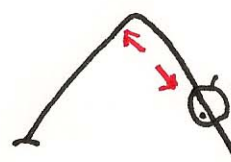



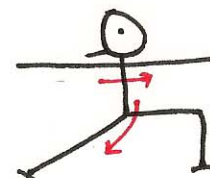
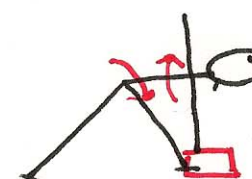
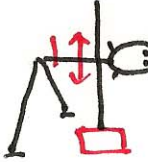

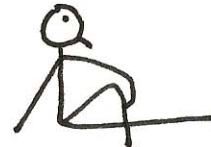







Weight Loss

Learning to twist the upper and lower belly separately to increase awareness in the abdominal region.

 <p>Twist on Blocks Lower belly moves with legs, upper moves opposite</p>	 <p>Supta Padangusthasana</p>	 <p>Supta Padangusthasana Sit-Up</p>	 <p>Virasana Twist Lower belly stable with pelvis</p>	 <p>Cat/Cow Upper belly moves with heart, lower moves with pubic bone</p>
 <p>Lunge Twist</p>	 <p>Adho Mukha Svanasana</p>	 <p>Balasana</p>	 <p>Ganeshasana</p>	 <p>Uttanasana</p>
 <p>Virabhadrasana II</p>	 <p>Trikonasana</p>	 <p>Parvrita Prasarita Padottanasana</p>	 <p>Bharadvajasana</p>	 <p>Marichyasana II</p>
 <p>Baddha Konasana</p>	 <p>Ganesha Mudra Dealing with Obstacles With palms together, cross index behind middle and touch sides of thumbs together</p>	 <p>Setu Bandha</p>	 <p>Apanasana</p>	 <p>Savasana Knees supported</p>