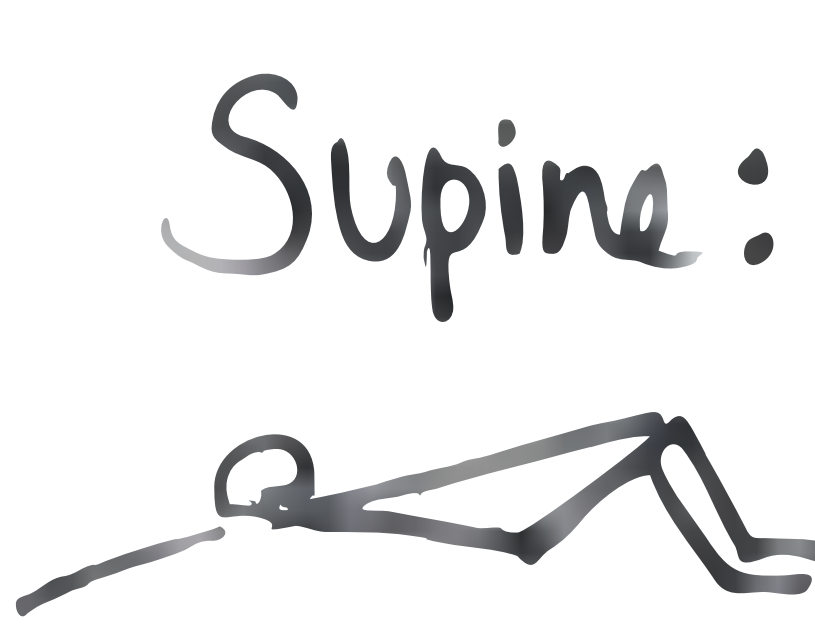
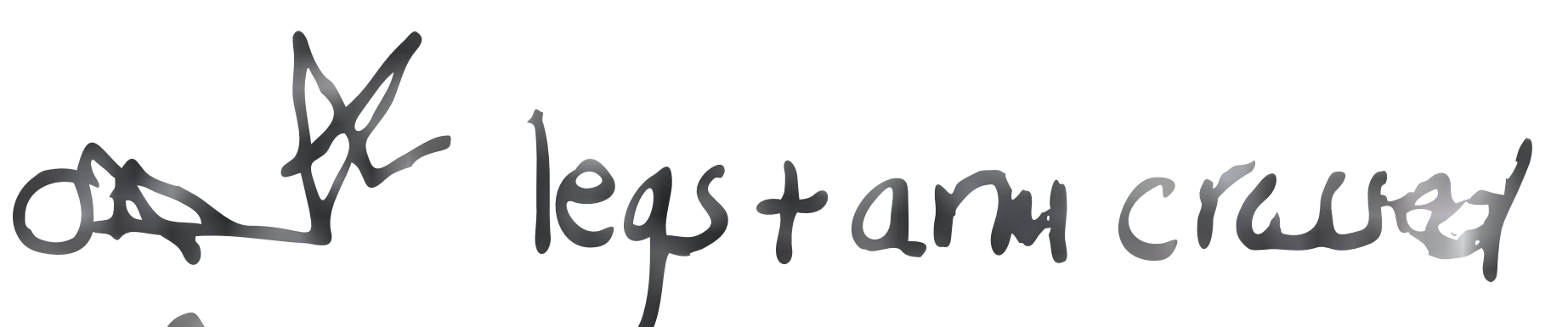



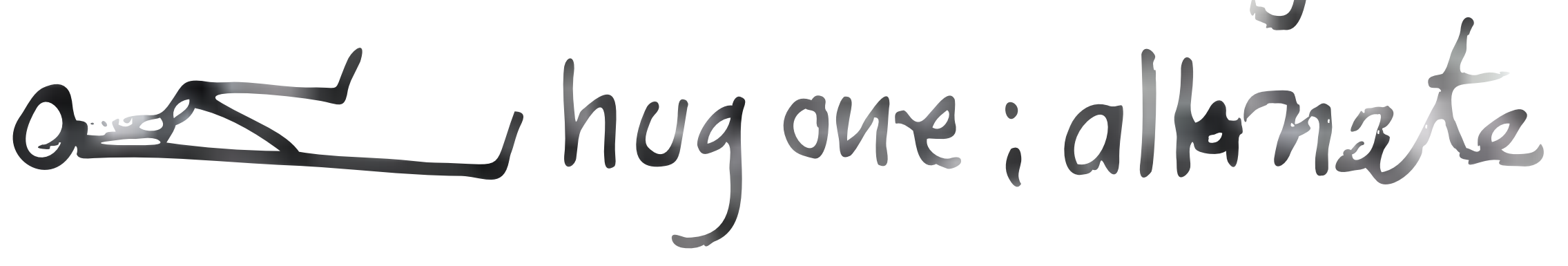
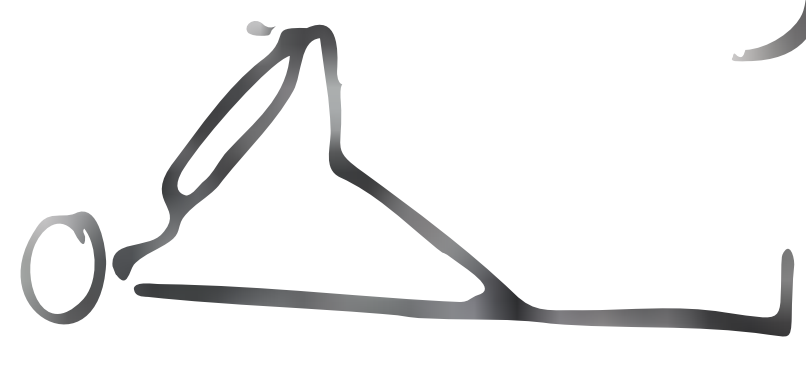
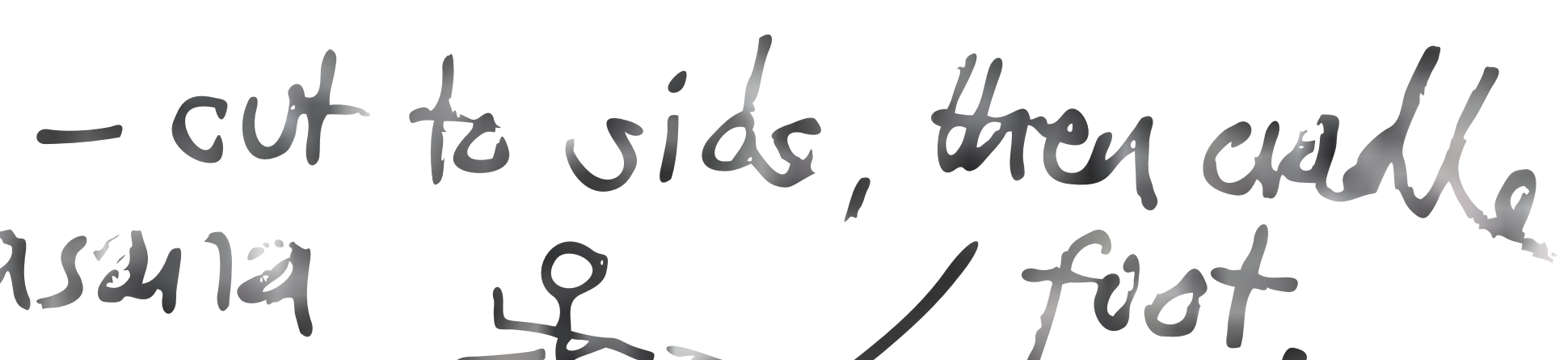
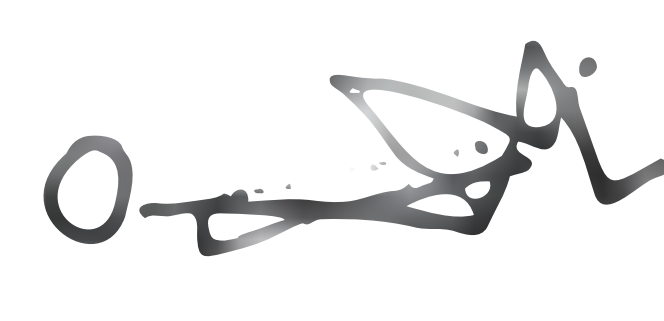
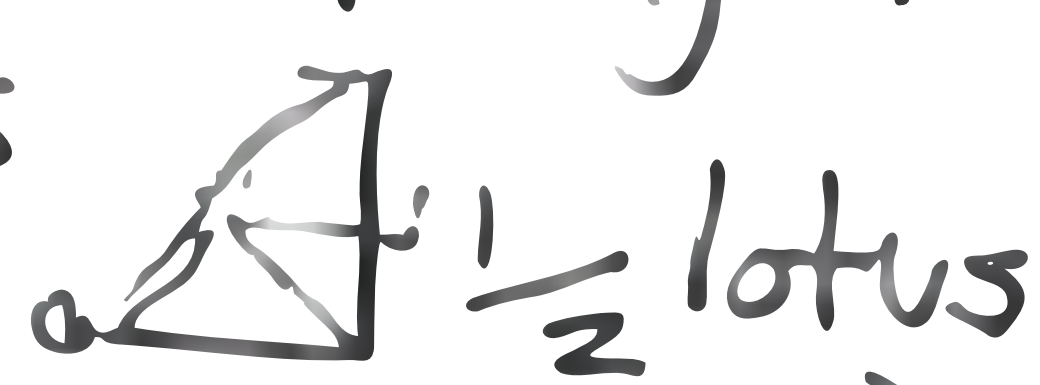




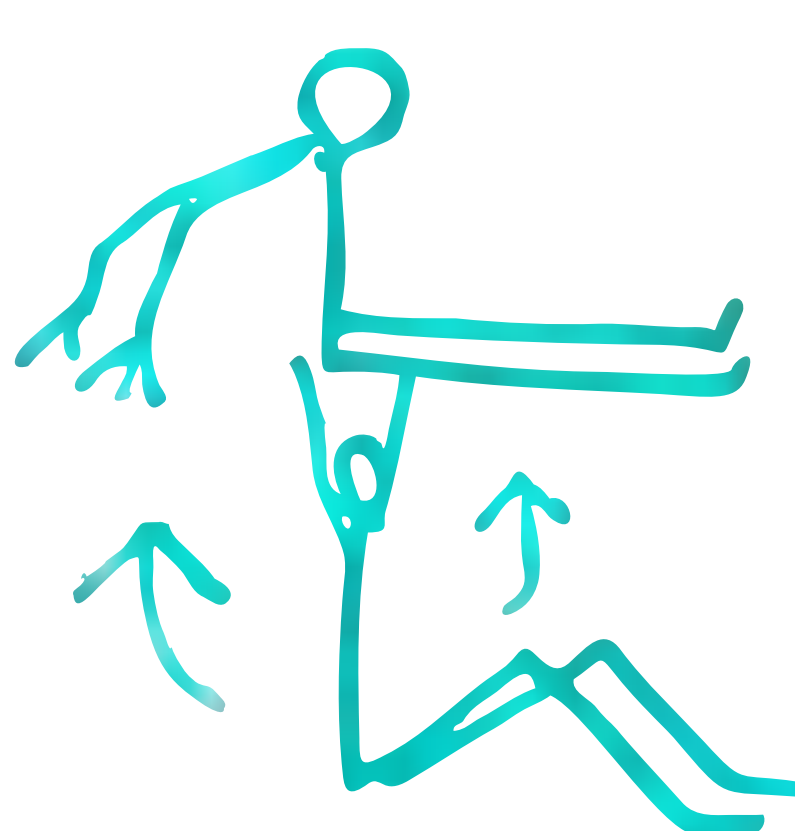



Supine:  gravity  legs + arm crossed
 arms wide  mudra over eyes
 hug towards/away  hug one; alternate
 catch foot: Supta  - cut to sides, then cradle foot.
 1/2 lotus  1/2 lotus  lotus 

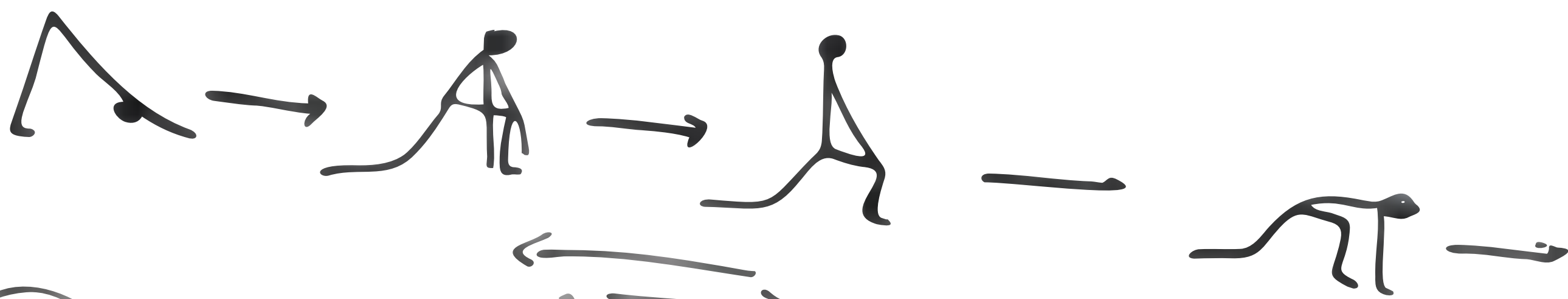
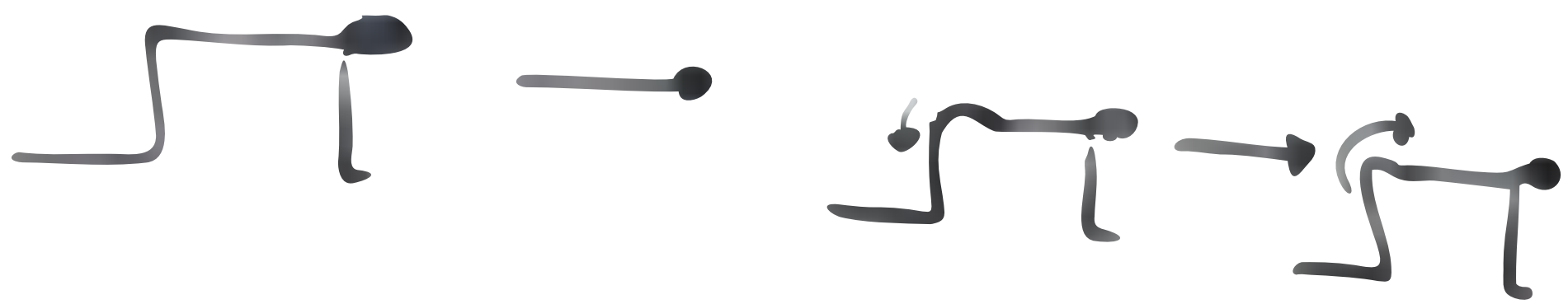
CROSS-LEGGED or HALF LOTUS: ARDHA PADMASANA

  FORWARD BEND - LEAD FROM HEAD

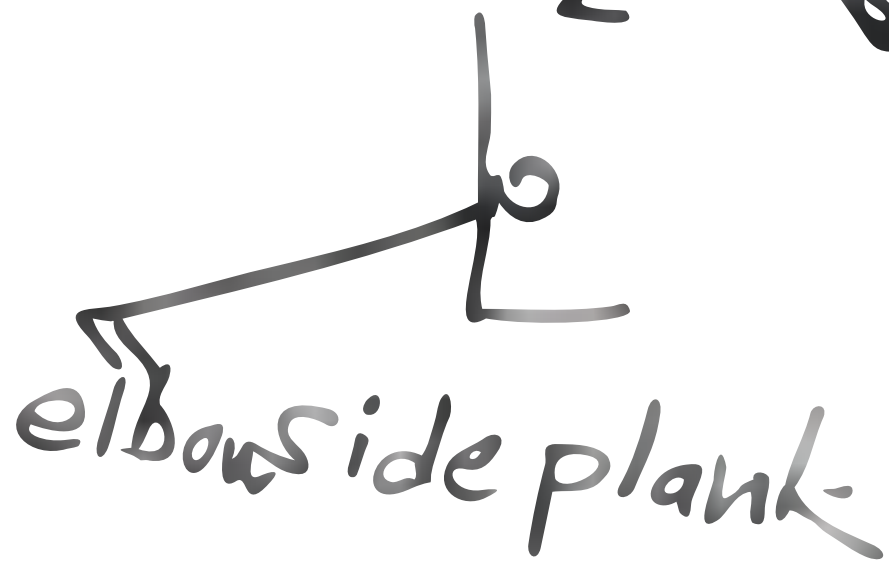
 DANDASANA - BREATHING UP + DOWN TRUNK
 knees bent dandasana - easier to raise + lower arms

 Khaphellabhati

2.



Elbow plank



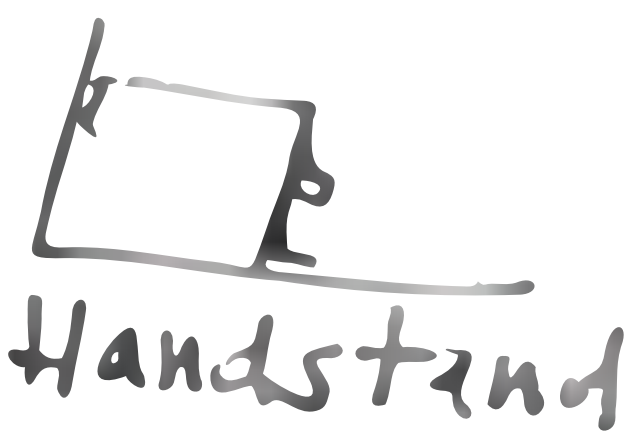
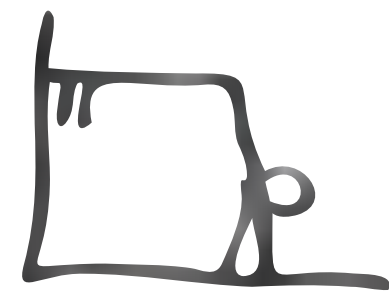
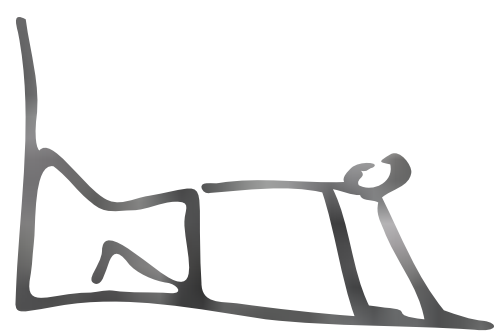
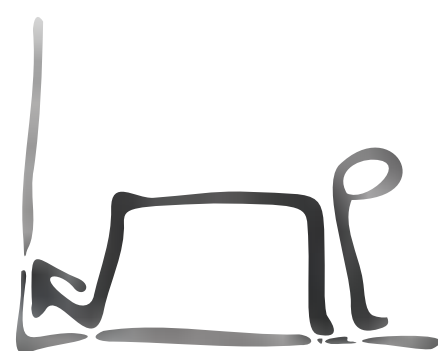
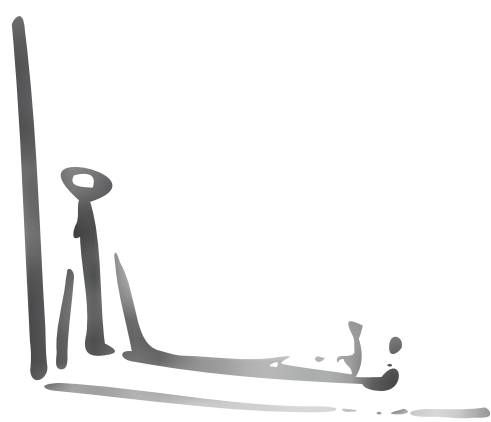
elbow side plank



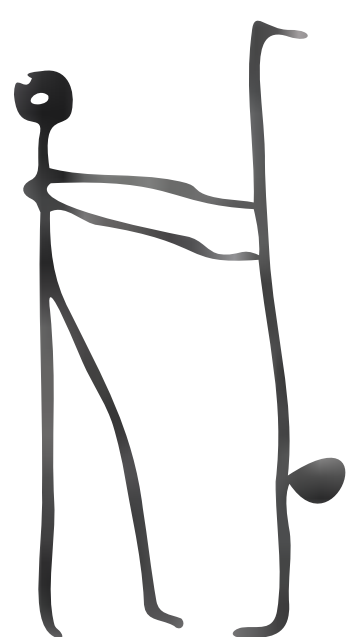
Child



Prone



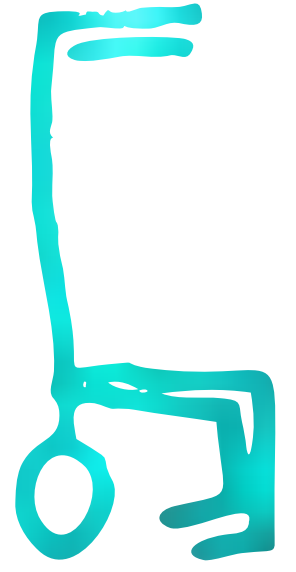
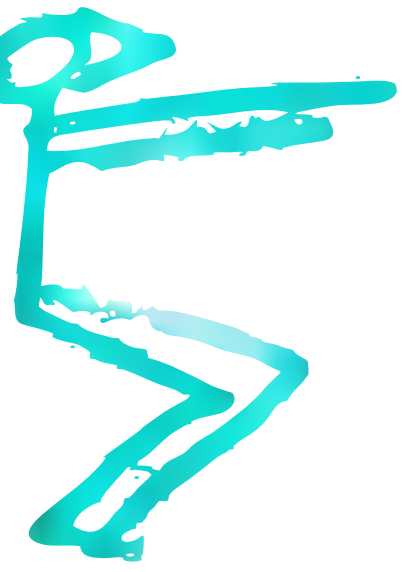
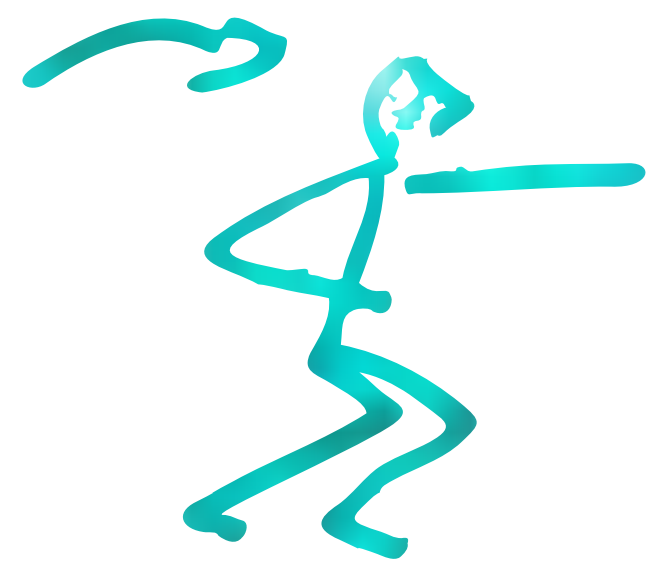
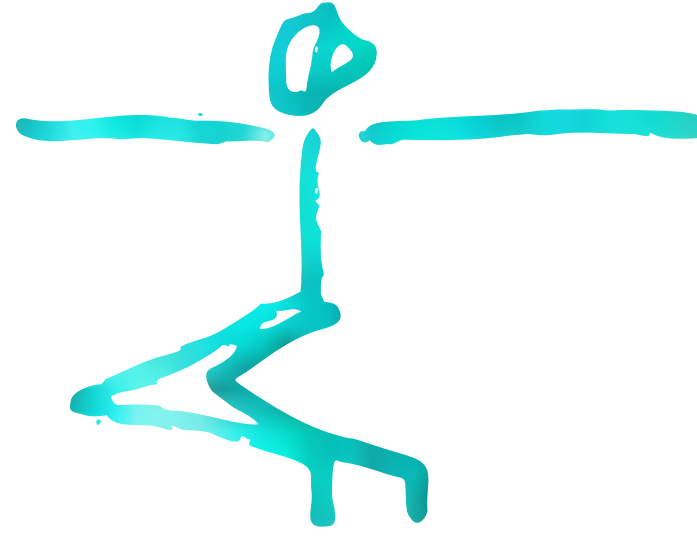
Handstand



Supine twists



hand under knees



3-point handstand



Bakasana



Galavrasana

~~Etakrasana~~

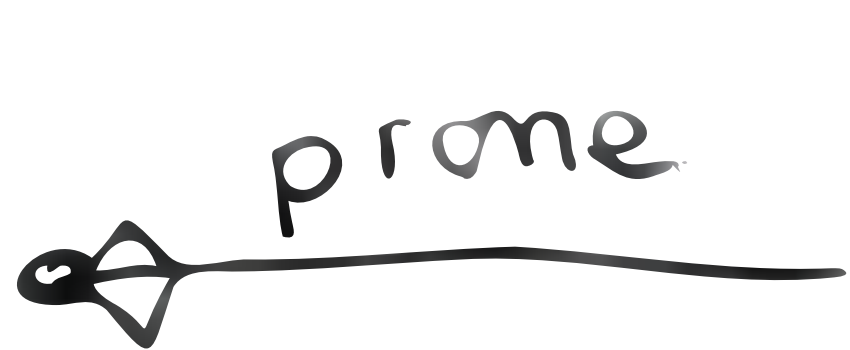
~~Bhujasana~~

front leg lotus

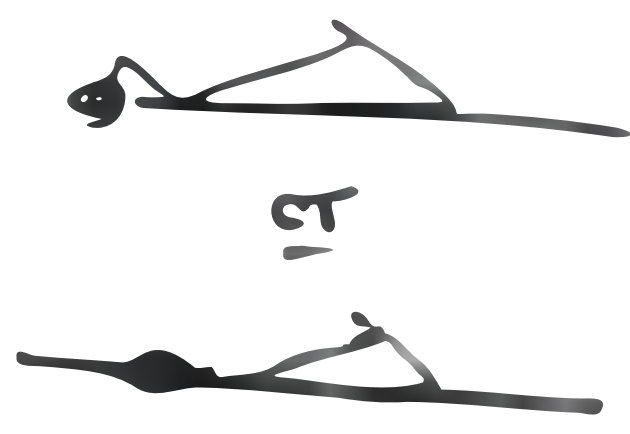
back leg extended



Sarvangasana



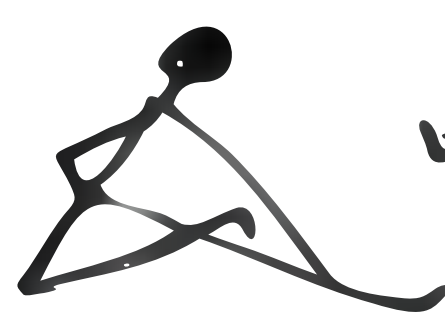
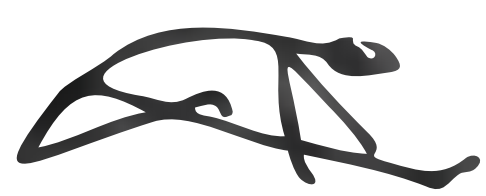
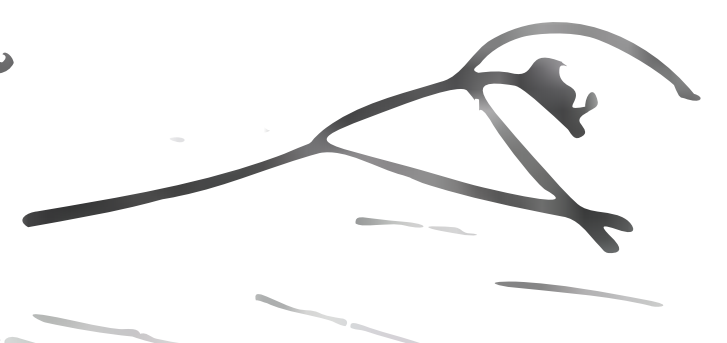
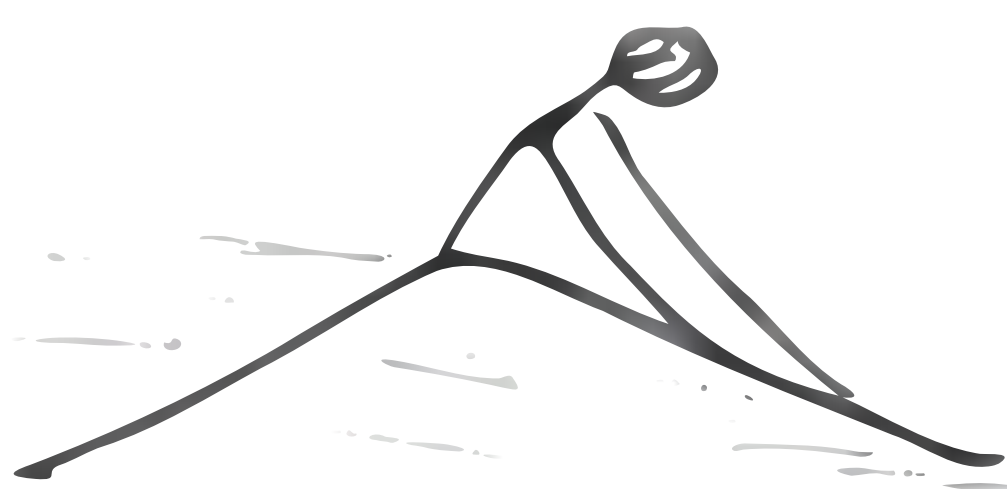
prone



19



Dhanurasana



Parivritta Jaru Sirasasana

Kurmasana

