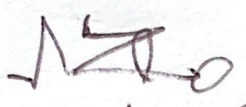


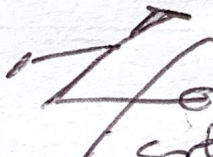
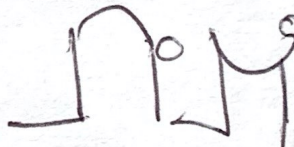




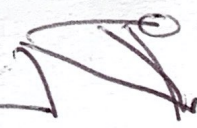
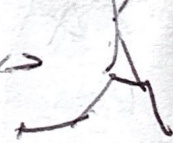
DKHANAROSA

Session ①

Intro - begin in mudras
fine fields of mudras

||  both legs.  hip shield
|| ae legged
aperture

||  leg shield
with / out strap  solo legged
shield  CAT cow


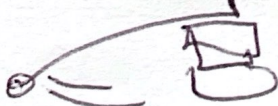

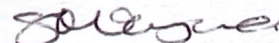
||  DOG pose   
|| LUNGE ①
LUNGE ②

||    

VIB I
WEST CROSS

VIB I
WARRIOR STANCE

||  SWAN   STRAP
WARR

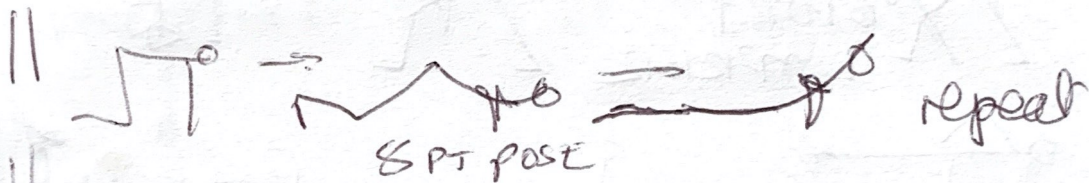
||   
|| 

Session 2

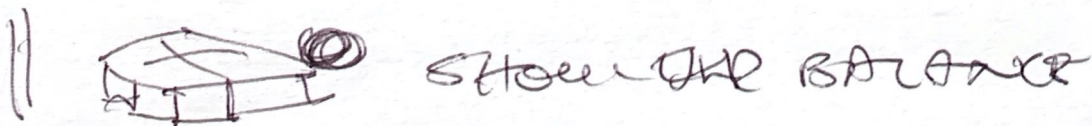
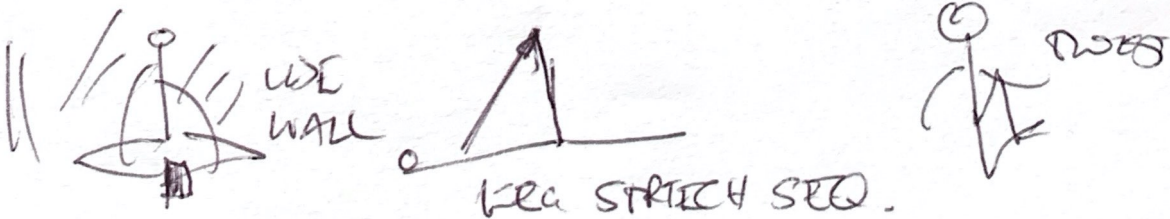
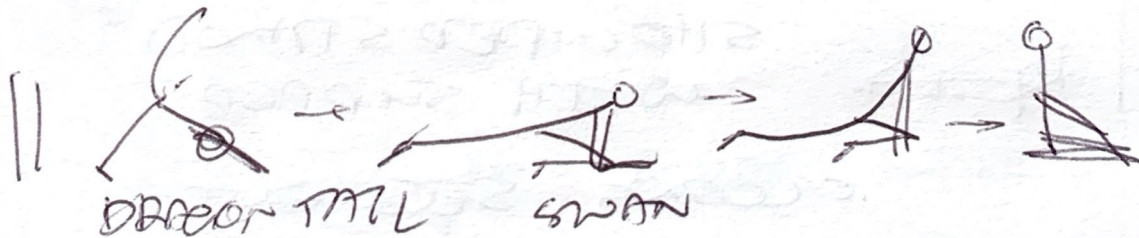
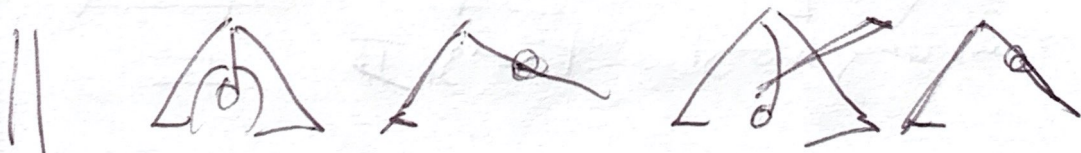
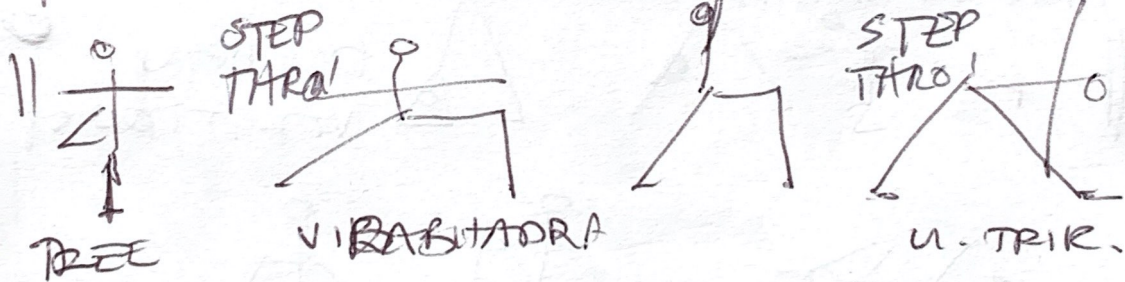
LOW BACK SEQ
500 HOUR

Session 3

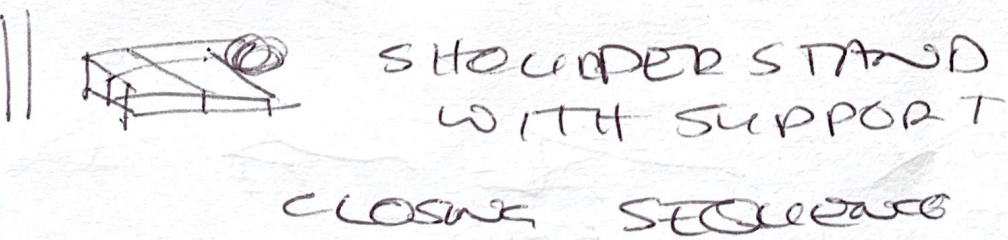
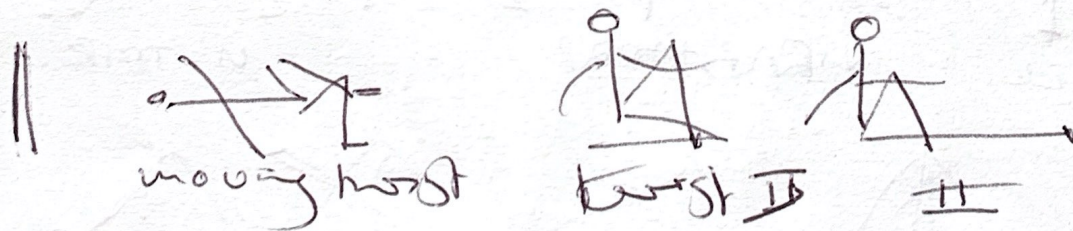
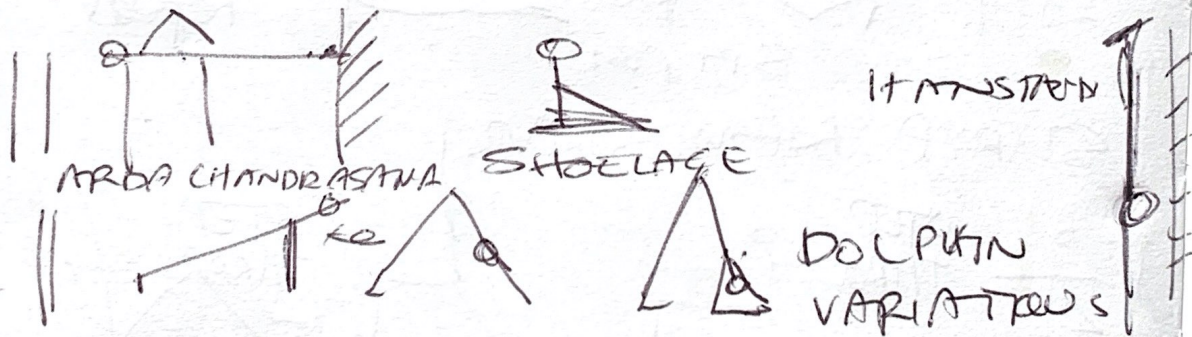
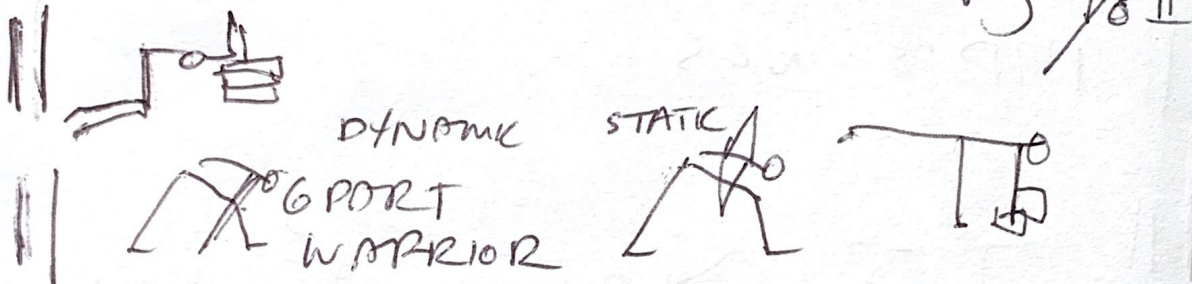
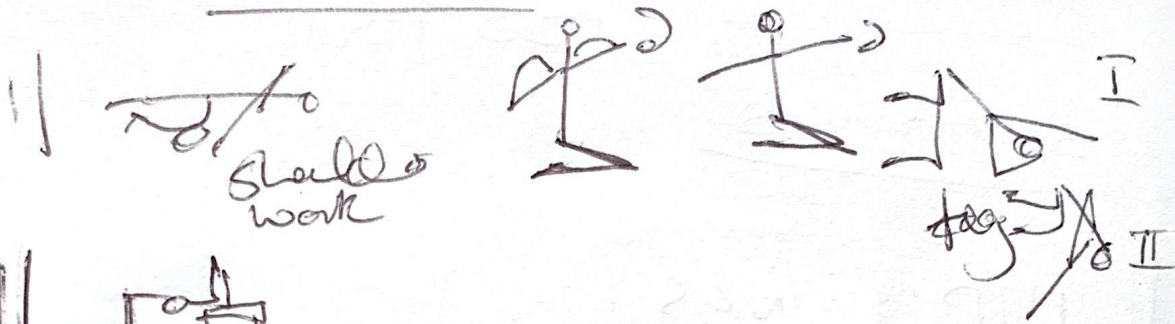
|| HIP SWINGS



|| SURYA NAMASKAR



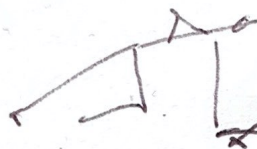
Session ④



Session 5



of
degrees head



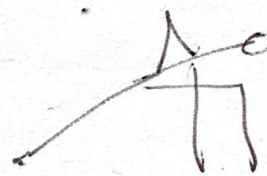
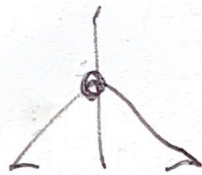
of
degrees

VASISTHANA I

II

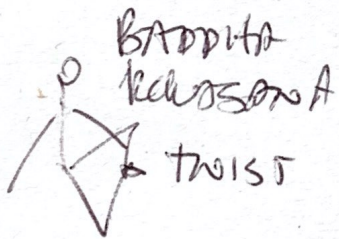
III

IV



TURNING

p. hirk



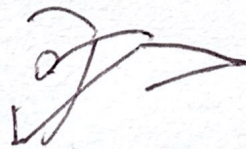
BADDHA
KALASANA

twist

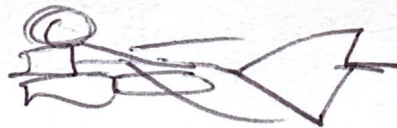


MURCHYASANA
I

III



SHOULDER
BALANCE



3 PART BREATH

