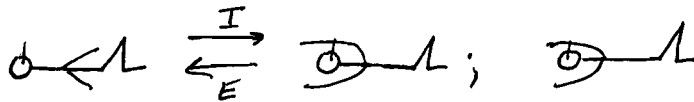
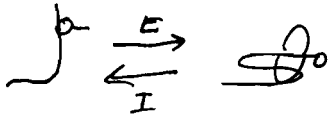


**Balance**  
**Kathy Ornish, 2006**

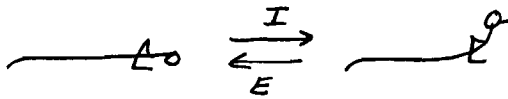
1. Lying arm raises - Repeat 4X; Stay 1B twice



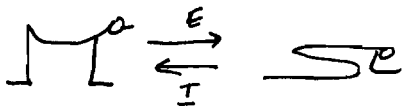
2. Vajrasana - Repeat 6X



3. Bhujangasana - Repeat 6X



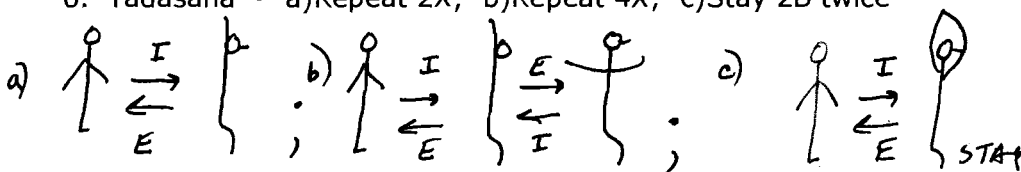
4. Cakravakasana - Repeat 6X



5. Baddha Konasana - Stay 4B



6. Tadasana - a) Repeat 2X; b) Repeat 4X; c) Stay 2B twice



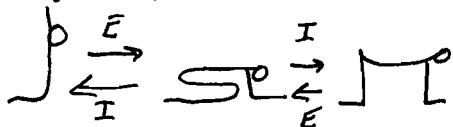
7. Uttanasana/Ardha Uttanasana - a) Repeat 2X; b) Repeat 2X; c) Stay 2B



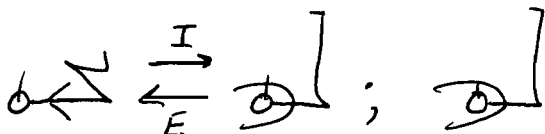
8. Vrksasana (Tree) - Stay 2B; 4B



9. Vajrasana/Cakravakasana - Repeat 4X



10. Urdhva Prasarita Padasana - Repeat 4X; Stay 1B

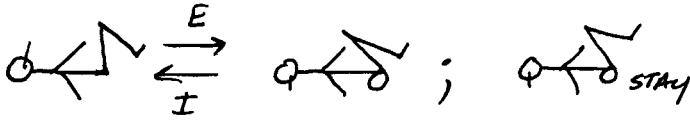


11. Lying Hip Stretch

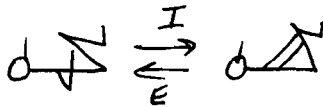


ALTERNATE SIDES

12. Jathara Parivrtti variation - Repeat 3X; Stay 1B



13. Apanasana - Repeat 4X



14. Savasana



15. Nadi Sodhana 6 rounds - Ratio: 1: 1/2: 2: 1/2  
ALTERNATE NOSTRIL PRANAYAMA



16. So Hum Meditation