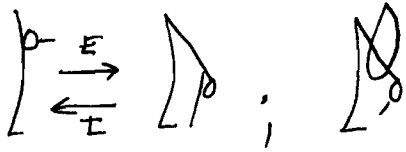
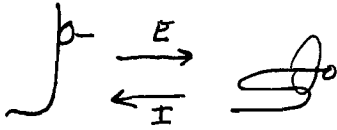


REPEAT 2X;

10. Uttanasana - grasp hands (or use a belt). Stay 4B

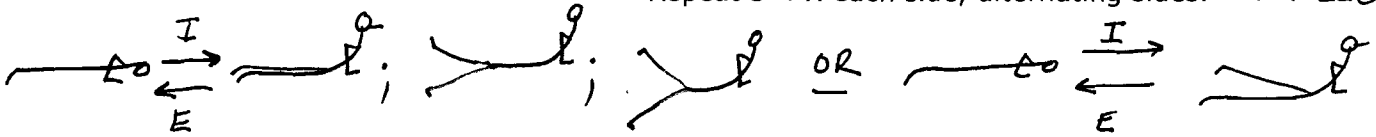


11. Vajrasana - Repeat 4X

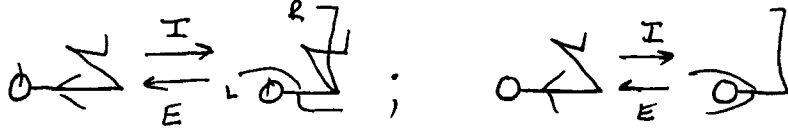


12. Bhujangasana or Salabasana -

Repeat 2-3X in each position OR Repeat 3-4 X each side, alternating sides. LIFT LEG

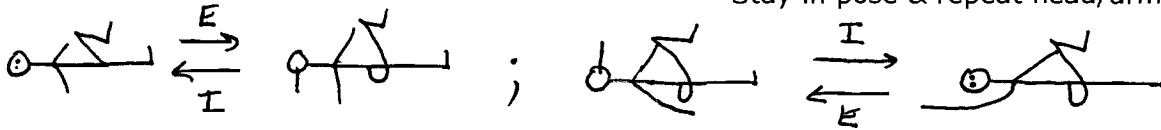


13. Urdhva Prasarita Padasana - Repeat 4X; Repeat 2X staying 1B then 2B; alternate sides

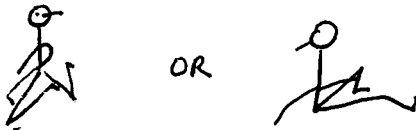


14. Jathara Parivrtti with arm and head movement - Repeat 4X;

Stay in pose & repeat head/arm movement 4X



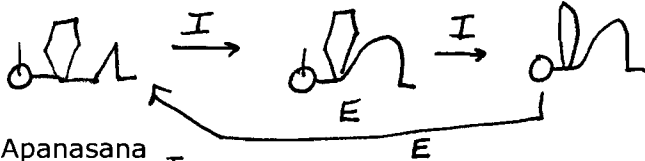
15. Bharadvajasana or Maricyasana - Stay 8 breaths



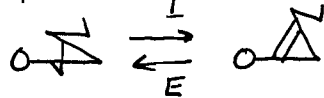
16. Pascimatanasana - Repeat 4X; Stay 4-6 breaths



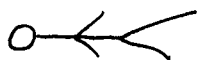
17. Dvi Pada Pitham with shoulderblade stretch - Repeat 4X



18. Apanasana



19. Savasana



20. Ujjayi Pranayama 12 - 24 rounds with ratio = 2:0:4:1



21. Meditation

Bring attention to 3rd eye and sense.

Bring attention to base of spine and see a vibrant, vital golden flame.

See the flame moving up spine melting blockages until it reaches the 3rd eye again.

See the body enveloped in a golden, healing light.