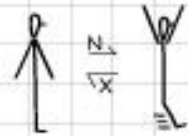
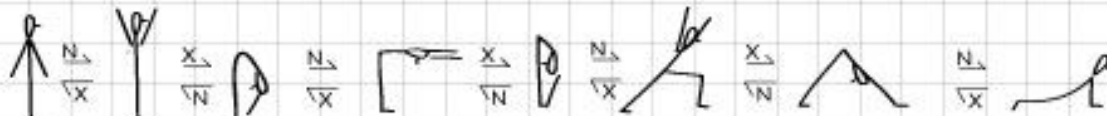





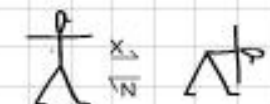
# Every Body Yoga


Goal: piñca mayūrāsana  
ujjayi on exhale when not chanting


1.  4T tādāsana om on exhale


2.  surya namaskar w/ ardha uttānāsana 4T om namah on exhale

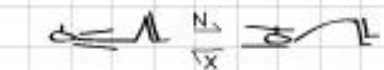
3.  virabhadrāsana to pārsvā uttānāsana 4T each side


4.  utthita trikonāsana 4T each side alternating


5.  garudāsana Hold for 4 Breaths each side

6.  vaijrasana vinyasa into piñca mayūrāsana 4 Br Hold

7.  urdhva prasarita padāsana 4T

8.  dvi pada pitham 4T

9.  apanāsana 4T

10.  12T Om namah namo namah sukāsana



Where every body matters