




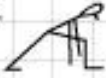
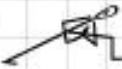


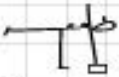
















## Energizing and Detoxing Practice

1.  n →  Tadasana 3T
2.  Bhagirathasana hold 6 Br each side
3.   $\frac{\Delta N}{x}$   Uttanasana vinyasa 3T
4.  Anjaneyasana 3T
5.  Parivrtti anjaneyasana 3 br alternating sides
6.  Uthita trikonasana 3 br each side →  Parivrtti trikonasana 3br each sides →  Parivrtti arha candrasana hold 3 br each side
7.  n →  x →   $\frac{x \Delta}{N}$  Utkatasana vinyasa hold on inhale twist 3T each side  turn head when on ground, alternating sides
8.  Uthita parsva padagusthasana hold 6 br each side
9.  Malasana 6 br
10.  Purvatanasana hold 6 br
11.  Parsva salabhasana hold 3 br each side 2T
12.  Salabhasana variation hold 6 br 2 T
13.  Balasana 6 br hold
14.  Bharadvajasana hold 3 br each side
15.  Jathara parivrtti hold 6 br each side
16.  Savasana
17.  Sukasana pranayama and meditation

