








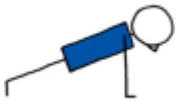









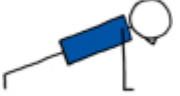



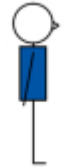





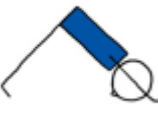

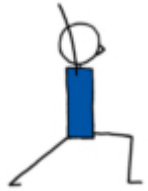









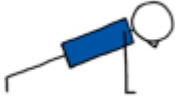










Heron pose

 <p style="text-align: center;">Hero with ujai breath</p>	 <p style="text-align: center;">Virasana with arms up</p>	 <p style="text-align: center;">Virasana with arms behind your back chest opener</p>	 <p style="text-align: center;">Squat</p>	 <p style="text-align: center;">Mountain</p>	 <p style="text-align: center;">Ardha Surya Namaskar x 4</p>
 <p style="text-align: center;">Mountain</p>	 <p style="text-align: center;">Mountain Arms Up</p>	 <p style="text-align: center;">Forward Bend</p>	 <p style="text-align: center;">Plank</p>	 <p style="text-align: center;">Cobra</p>	 <p style="text-align: center;">Down Dog</p>
 <p style="text-align: center;">Half Way Lift 1</p>	 <p style="text-align: center;">Forward Bend</p>	 <p style="text-align: center;">Mountain Arms Up</p>	 <p style="text-align: center;">Mountain</p>	<p style="text-align: center; font-size: 2em;">2x</p> <p style="text-align: center;">Repeat 2 Times</p>	 <p style="text-align: center;">Down Dog (split)</p>

 <p>Crescent Moon</p>	 <p>Monkey (half)</p>	 <p>Plank</p>	 <p>Cobra</p>	 <p>Repeat On Other Side</p>	 <p>Sun Salutations B</p>
<p>2x</p> <p>Repeat 2 Times</p>	 <p>Mountain</p>	 <p>Padagustasana</p>	 <p>Warrior II</p>	 <p>Triangle</p>	 <p>Repeat On Other Side</p>
 <p>Mountain</p>	 <p>Down Dog</p>	 <p>Down Dog (split)</p>	 <p>Warrior I</p>	 <p>Intense Side Stretch</p>	 <p>Extended Hand To Big Toe 1</p>
 <p>Extended Hand To Big Toe 2</p>	 <p>Mountain</p>	 <p>Repeat On Other Side</p>	 <p>Mountain</p>	 <p>Mountain Arms Up</p>	 <p>Forward Bend</p>

 <p>Half Way Lift 1</p>	 <p>Plank</p>	 <p>Cobra</p>	 <p>Down Dog</p>	 <p>Table Top</p>	 <p>Reclined Hero</p>
<p>yoga pose</p> <p>Image not found http://georgewatts.org/lesso</p> <p>Three Limbs Facing West</p>	 <p>Heron</p>	 <p>Repeat On Other Side</p> <p>Repeat On Other Side pashimotasana and heron</p>	 <p>Seated Forward Bend</p>	 <p>Savasana</p>	