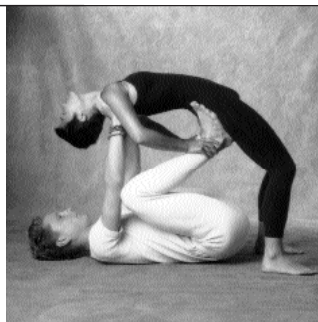


1 Take a wide stance. Reach back and hold my ankles with your thumbs on top. Sit down on my feet and gently lower your head and neck back toward me.

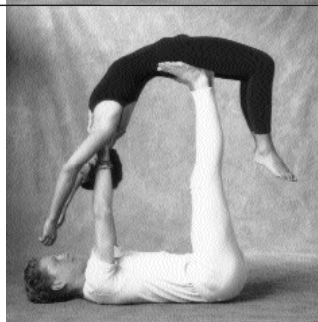
SUPPORT



1

2 Take a deep breath and exhale. Relax your entire body. Let go of all the weight in your body. Completely surrender. Is there any pinching in your lower back?

SURRENDER

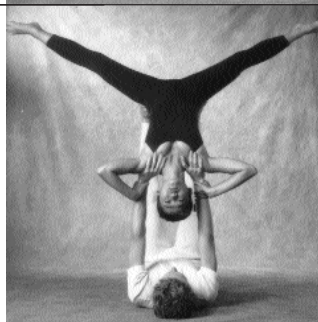


2

3 Grab onto my wrists with your hands. Open your feet wide keeping your legs straight, pulling them up and over towards me this way. Keep coming. Keep your legs wide.

(or) Bring your knees to your chest. Open your knees wide, bottoms of your feet together flat, reach up and grab your ankles with your hands.

TRANSITION



3

4 Bend your knees. Bring the bottoms of your feet together flat, reach up and grab your ankles with your hands.

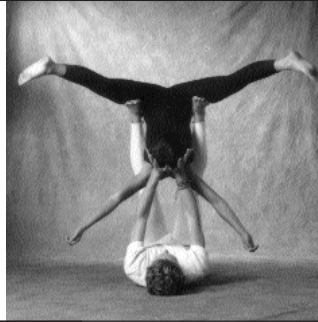
HANGING BUDDHA



4

5 Holding onto your ankles open your legs wide. Leaving your feet where they are let go of your ankles. Relax your head, arms and shoulders. Take a deep breath and exhale. When you are done with this posture reach up and grab your ankles with your hands.

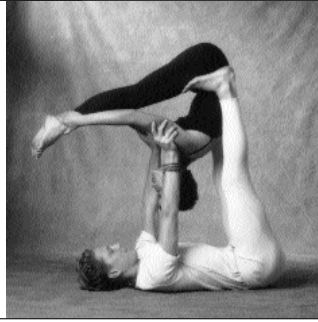
HEAD LIFT



5

6 Bend your knees. Bring the bottoms of your feet together flat, reach up and grab your ankles with your hands. Holding onto your ankles, straighten your legs out in front of you this way. Stay bent over. Relax your head and arms in a forward bend. Come up slowly vertebrae by vertebrae.

DISMOUNT



6