


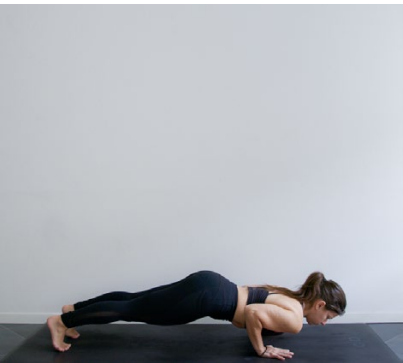





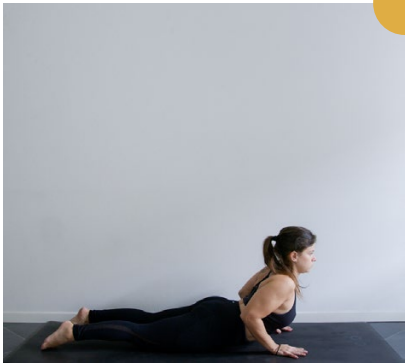




Vinyasa Alternatives

AWAKENING VINYASA	ALTERNATIVES
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<div><div></div><div>ARDHA UTTANASANA HEAD UP</div></div> <div></div>	<div><div></div><div>FINGERTIPS ON THE FLOOR</div></div> <div></div>	<div><div></div><div>HANDS ON KNEES</div></div> <div></div>
<div><div></div><div>CHATURANGA DANDASANA HALF PUSH UP</div></div> <div></div>	<div><div></div><div>LOW PUSH UP WITH KNEES DOWN</div></div> <div></div>	<div>ONE SINGLE BREATH OUT</div>
<div><div></div><div>PLANK</div></div> <div></div>	<div><div></div><div>PLANK WITH KNEES DOWN</div></div> <div></div>	
<div><div></div><div>KNEES AND ELBOWS DOWN</div></div> <div></div>		
<div><div></div><div>URDHVA MUKHA SVANASANA UPWARD FACING DOG</div></div> <div></div>	<div><div></div><div>URDHVA MUKHA SVANASANA UPWARD FACING DOG</div></div> <div></div>	
<div><div></div><div>ADHO MUKHA SVANASANA DOWNWARD FACING DOG</div></div> <div></div>	<div><div></div><div>ADHO MUKHA SVANASANA DOWNWARD FACING DOG</div></div> <div></div>	