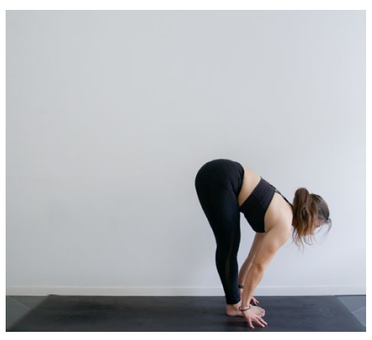
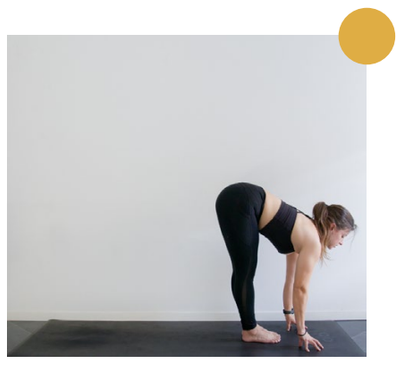
Vinyasa Alternatives

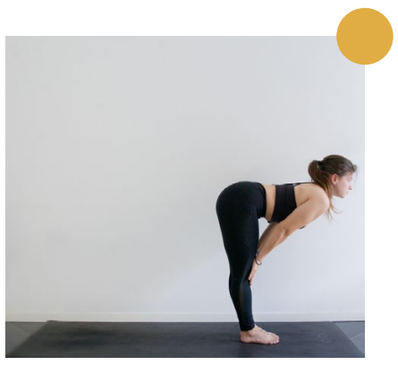
ASHTANGA VINYASA	ALTERNATIVES

ARDHA UTTANASANA
HEAD UP





ARDHA UTTANASANA
HEAD UP



ARDHA UTTANASANA
HEAD UP

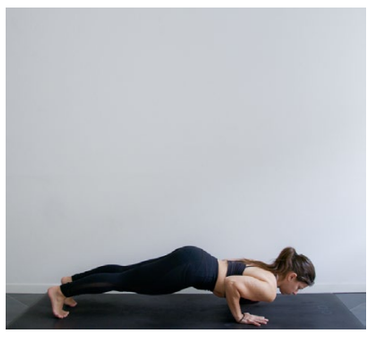
TRANSITION TO
CHATURANGA DANDASANA

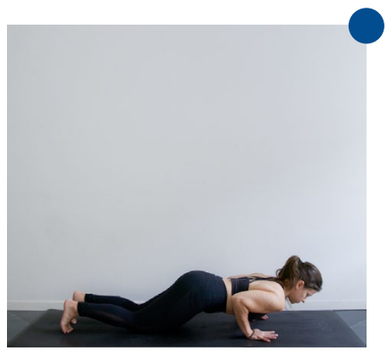
STEP BACK

JUMP BACK

JUMP BACK FROM CROW

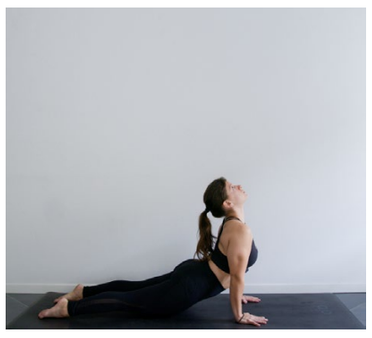
CHATURANGA DANDASANA
LOW PUSH UP

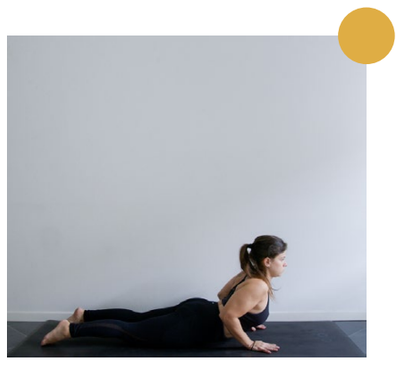




URDHVA MUKHA SVANASANA
UPWARD FACING DOG

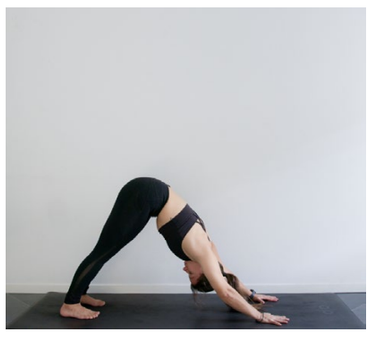
URDHVA MUKHA SVANASANA
UPWARD FACING DOG

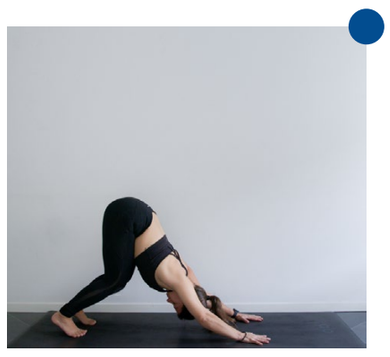




ADHO MUKHA SVANASANA
DOWNWARD FACING DOG

ADHO MUKHA SVANASANA
DOWNWARD FACING DOG





TRANSITION TO
ARDHA UTTANASANA

STEP FORWARD

JUMP FORWARD

JUMP IN HANDSTAND
AND STEP DOWN

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INHALE

EXHALE