

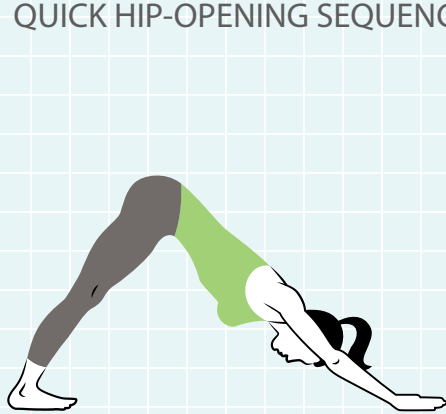


**JASON CRANDELL**

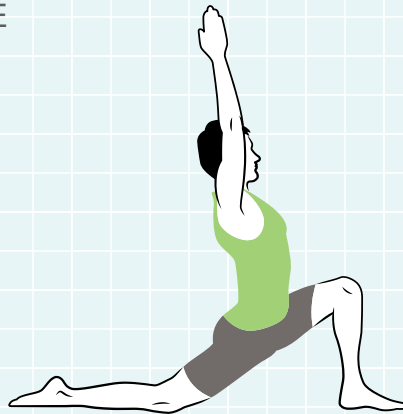
YOGA METHOD

Power + Precision + Mindfulness

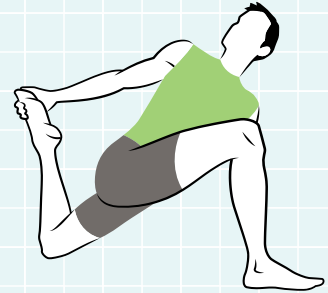
## QUICK HIP-OPENING SEQUENCE



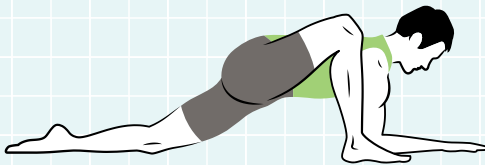
1 DOWNWARD-FACING DOG POSE



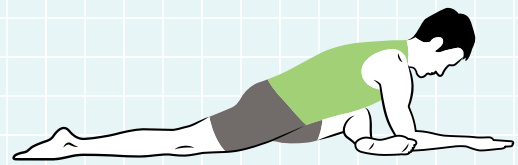
2 LOW LUNGE



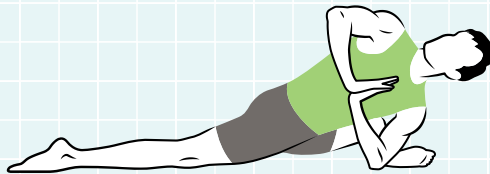
3 LOW LUNGE QUAD STRETCH



4 LIZARD POSE



5 PIGEON POSE FORWARD BEND



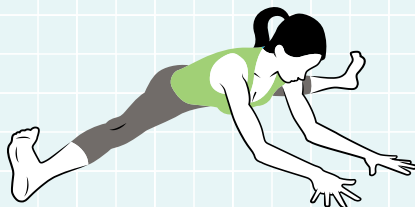
6 PIGEON POSE TWIST



7 COW FACE POSE



8 ANKLE TO KNEE POSE



9 SEATED WIDE LEGGED FORWARD BEND



10 SEATED MEDITATION