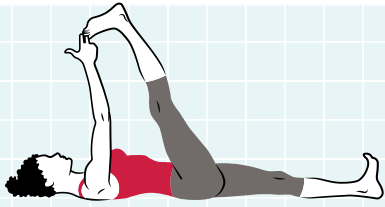




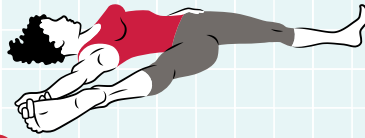
JASON CRANDELL

YOGA METHOD

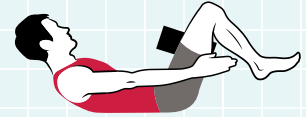
Power + Precision + Mindfulness



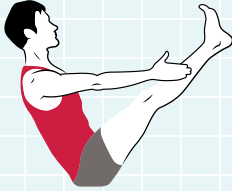
1 SUPTA PADANGUSTHASANA A



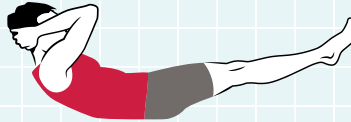
2 SUPTA PADANGUSTHASANA B



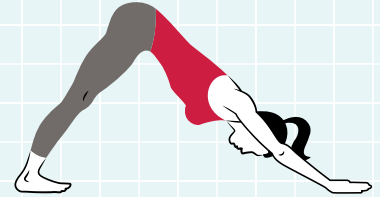
3 CORE CONNECTOR



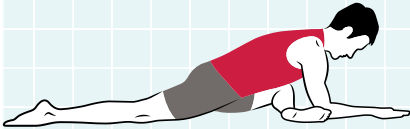
4 PARIPURNA NAVASANA



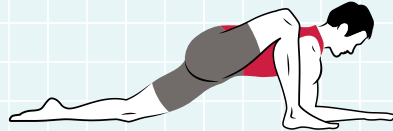
5 ARDHA NAVASANA



6 ADHO MUKHA SVANASANA



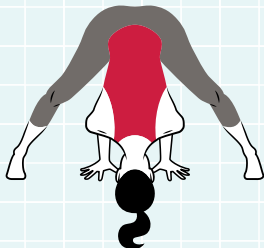
7 PIGEON POSE



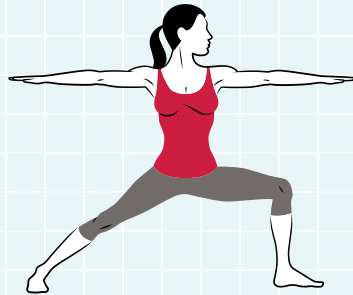
8 LIZARD POSE



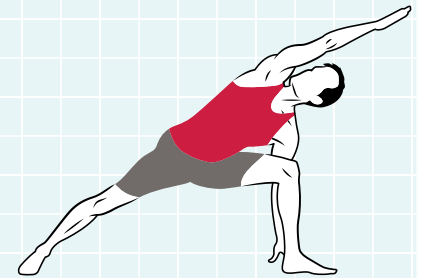
9 UTTANASANA



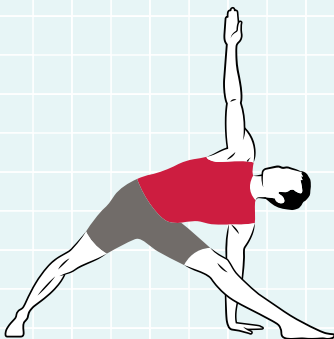
10 PRASARITA PADOTTANASANA



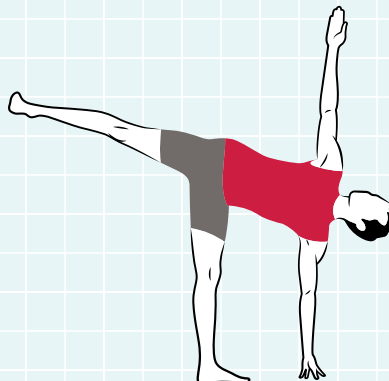
11 VIRABHADRASANA II



12 UTTITHA PARSVAKONASANA



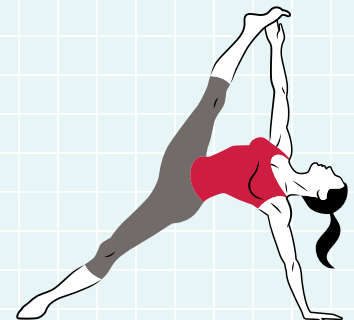
13 UTTITHA TRIKONASANA



14 ARDHA CHANDRASANA



15 UTTITHA HASTA
PADANGUSTHASANA



16 VASISTHASANA II