



JASON CRANDELL

YOGA METHOD

Power + Precision + Mindfulness

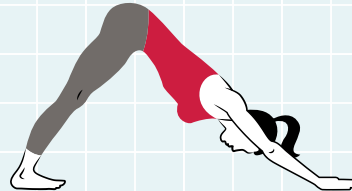
30-MINUTE BALANCED SEQUENCE



1 HERO POSE WITH HANDS CLASPED



2 HERO POSE WITH EAGLE ARMS



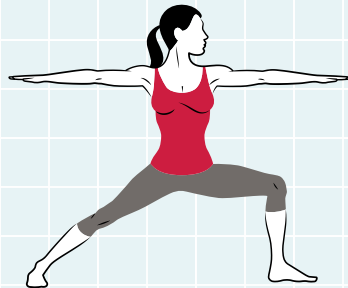
3 DOWNWARD-FACING DOG POSE



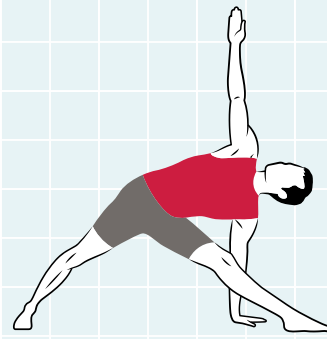
4 STANDING FORWARD BEND



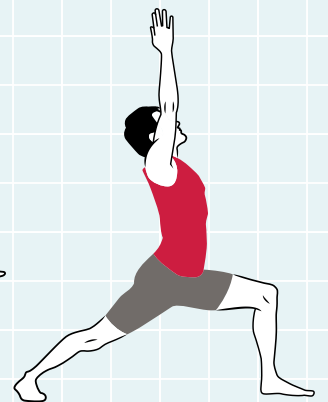
5 SURYA NAMASKAR



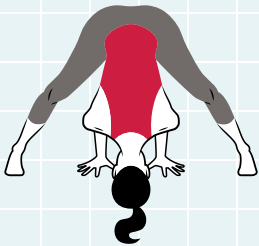
6 WARRIOR II



7 TRIANGLE POSE



8 WARRIOR I



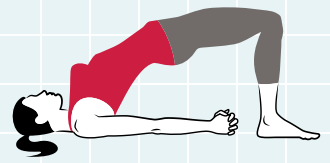
9 STANDING WIDE LEGGED FORWARD BEND



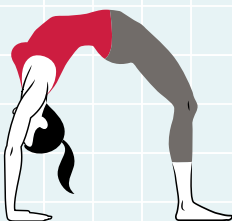
10 HANDSTAND



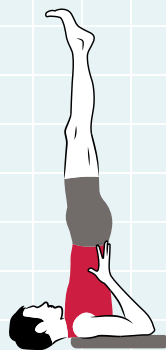
11 HEADSTAND



12 BRIDGE POSE



13 UPWARD BOW POSE



14 SHOULDERSTAND



15 SEATED FORWARD BEND