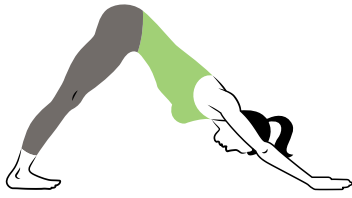




**JASON CRANDELL**

YOGA METHOD

Power + Precision + Mindfulness



1 DOWNWARD-FACING DOG



2 THREE-LEGGED DOWN DOG



3 TWISTY THREE-LEGGED DOWN DOG



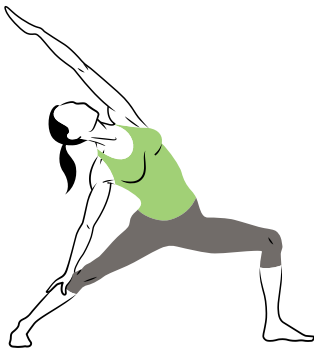
4 HALF STANDING FORWARD BEND



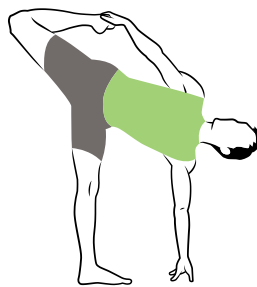
5 HAND-TO-FOOT-POSE



6 EXTENDED SIDE ANGLE POSE



7 REVERSE WARRIOR



8 BOUND HALF MOON POSE



9 EXTENDED HAND-TO-BIG-TOE POSE



10 BIRD OF PARADISE



11 GATE POSE



12 UBAYA KONASANA



13 UPWARD-FACING FORWARD BEND



14 REVOLVED SEATED WIDE ANGLE



15 PARIVRTTA JANU SIRSASANA



16 COMPASS POSE