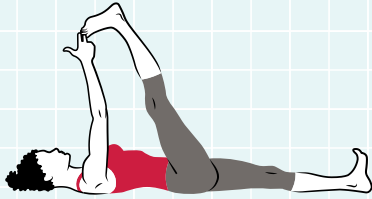




JASON CRANDELL

YOGA METHOD

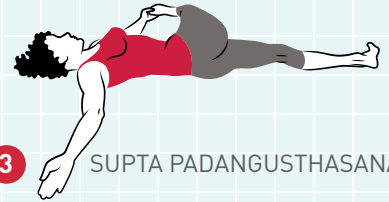
Power + Precision + Mindfulness



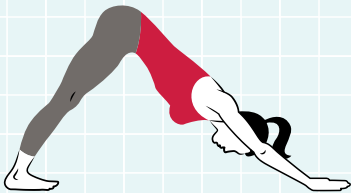
1 SUPTA PADANGUSTHASANA A



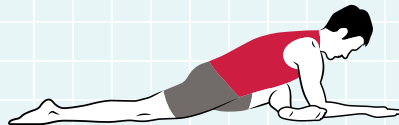
2 SUPTA PADANGUSTHASANA B



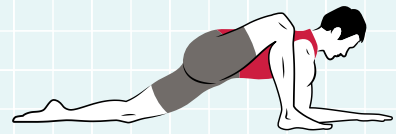
3 SUPTA PADANGUSTHASANA C



4 ADHO MUKHA SVANASANA



5 PIGEON POSE



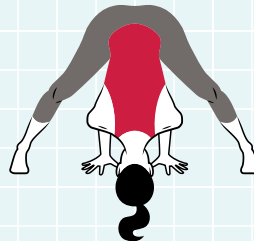
6 LIZARD POSE



7 UTTANASANA



8 PARSVOTTANASANA



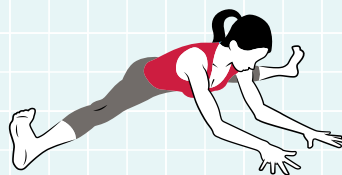
9 PRASARITA PADOTTANASANA



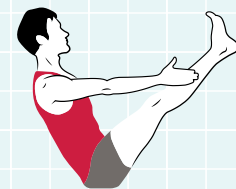
10 UTHTITA HASTA
PADANGUSTHASANA



11 BADDHA KONASANA



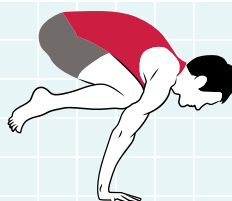
12 UPAVISTHA KONASANA



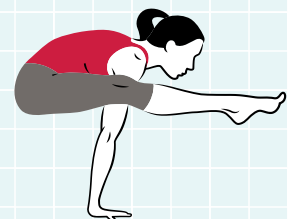
13 PARIPURNA NAVASANA



14 ARDHA NAVASANA



15 BAKASANA



16 TITTIBHASANA