

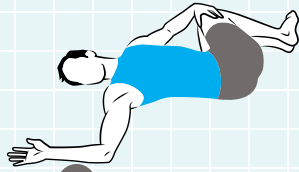


JASON CRANDELL

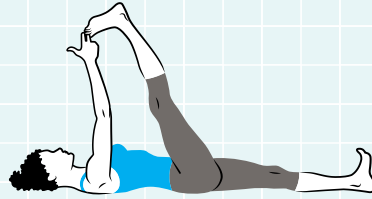
YOGA METHOD

Power + Precision + Mindfulness

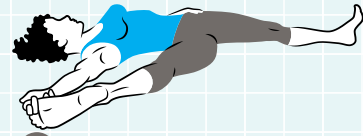
EVENING WIND DOWN SEQUENCE



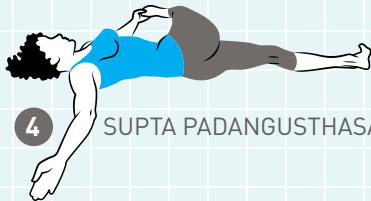
1 RECLINED TWIST



2 SUPTA PADANGUSTHASANA A



3 SUPTA PADANGUSTHASANA B



4 SUPTA PADANGUSTHASANA C



5 CHILD'S POSE



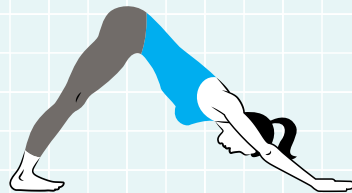
6 HERO POSE WITH EAGLE ARMS



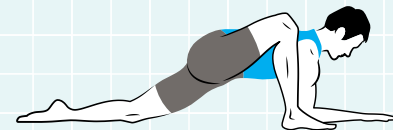
7 HERO POSE WITH REVERSE PRAYER



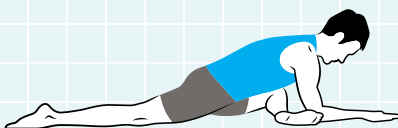
8 HERO POSE WITH COW FACE ARMS



9 DOWNWARD-FACING DOG POSE



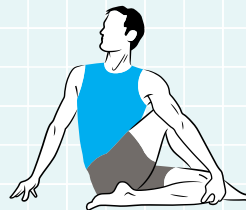
10 LIZARD POSE



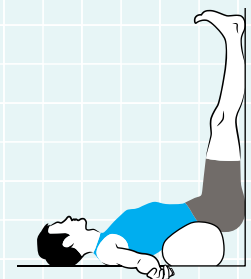
11 PIGEON POSE FORWARD BEND



12 JANU SIRSASANA



13 ARDHA MATSEYANDRASANA



14 LEGS UP THE WALL POSE