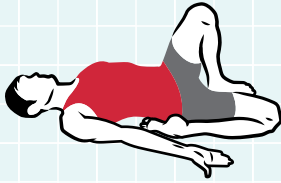




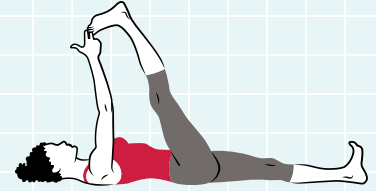
**JASON CRANDELL**  
YOGA METHOD  
Power + Precision + Mindfulness



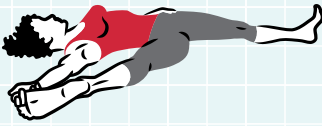
1 ARDHA SUPTA VIRASANA



2 HAPPY BABY POSE



3 SUPTA PADANGUSTHASANA A



4 SUPTA PADANGUSTHASANA B



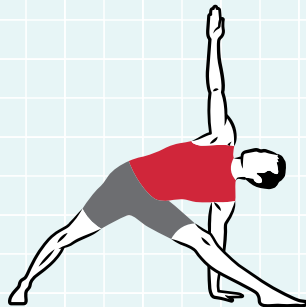
5 ANKLE TO KNEE POSE



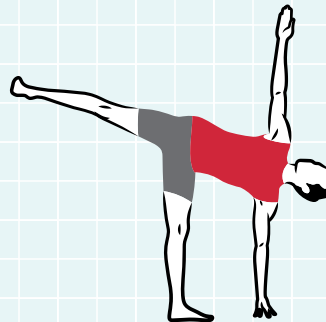
6 ADHO MUKHA SVANASANA



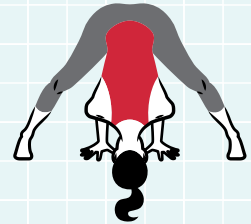
7 UTTANASANA



8 UTTHITA TRIKONASANA



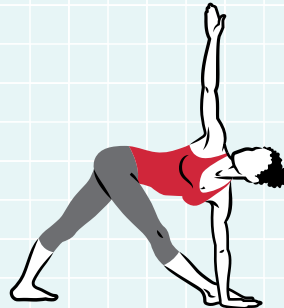
9 ARDHA CHANDRASANA



10 PRASARITA PADOTTANASANA



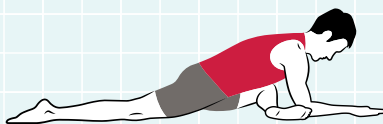
11 PARSVOTTANASANA



12 PARIVRTTA TRIKONASANA



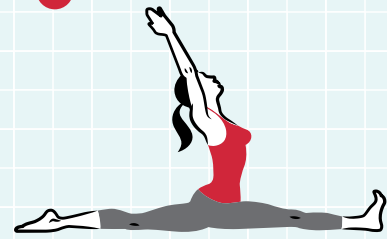
13 LIZARD POSE



14 PIGEON POSE



15 LOW LUNGE QUAD STRETCH



16 HANUMANASANA