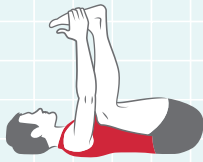




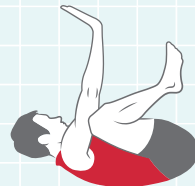
JASON CRANDELL

YOGA METHOD

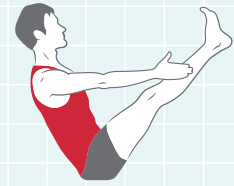
Power + Precision + Mindfulness



1 HAPPY BABY POSE



2 RECLINED CROW POSE



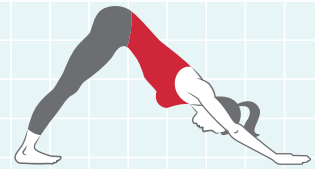
3 NAVASANA
(BOAT POSE)



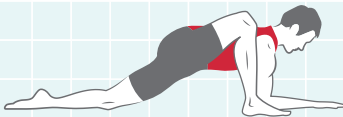
4 ARDHA NAVASANA
(HALF BOAT POSE)



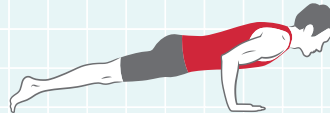
5 CAT POSE



6 ADHO MUKHA SVANASANA
(DOWNWARD-FACING-DOG)



7 LIZARD POSE



8 CHATURANGA DANDASANA
(FOUR-LIMBED STAFF POSE)



9 GARUDASANA
(EAGLE POSE)



10 PARSVOTTANASANA
(INTENSE SIDE STRETCH POSE)



11 GOMUKHASANA
(COW FACE POSE)



12 MARICHYASANA - A



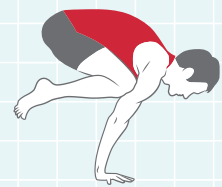
13 MARICHYASANA - B



14 MALASANA
(GARLAND POSE)



15 LOLASANA
(PENDANT POSE)



16 BAKASANA
(CROW POSE)