



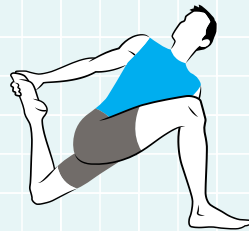
JASON CRANDELL

YOGA METHOD

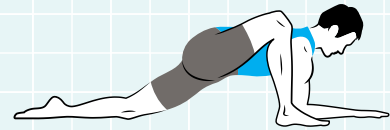
Power + Precision + Mindfulness



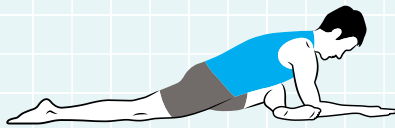
1 LOW LUNGE



2 LOW LUNGE QUAD STRETCH



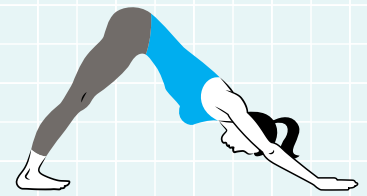
3 LIZARD POSE



4 PIGEON POSE



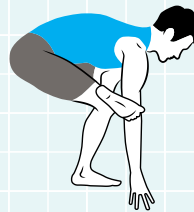
5 PIGEON POSE QUAD STRETCH



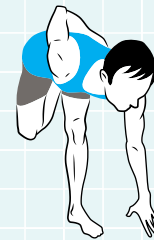
6 ADHO MUKHA SVANASANA
(DOWNWARD-FACING-DOG)



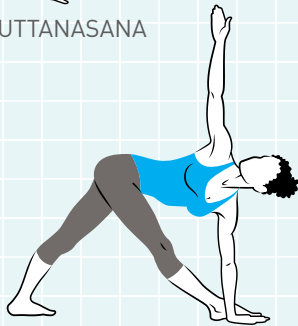
7 UTTANASANA



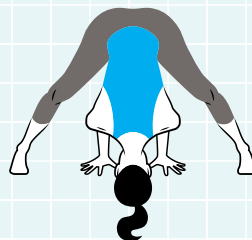
8 STANDING ANKLE TO KNEE



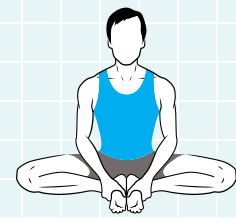
9 ARDHA BADDHA
PADMOTTANASANA



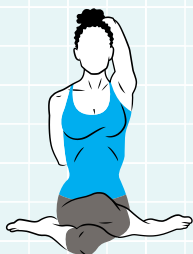
10 PARIVRTTA TRIKONASANA



11 PRASARITA PADOTTANASANA



12 BADDHA KONASANA



13 GOMUKHASANA



14 ANKLE TO KNEE POSE



15 ARDHA BADDHA PADMA
PASCHIMOTTANASNA



16 PADMASANA