



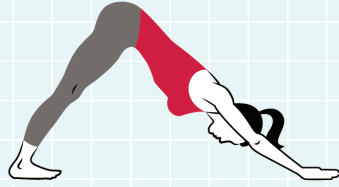
JASON CRANDELL

YOGA METHOD

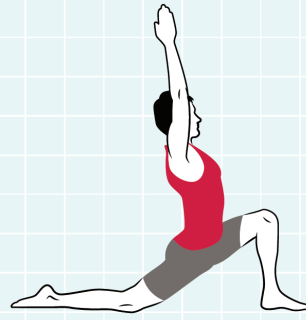
Power + Precision + Mindfulness



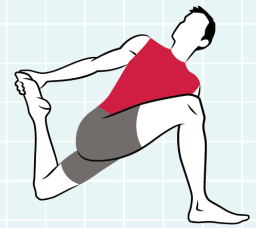
1 BOUND HANDS IN HERO POSE



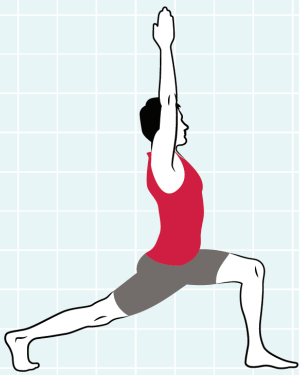
2 DOWNWARD-FACING DOG



3 LOW LUNGE



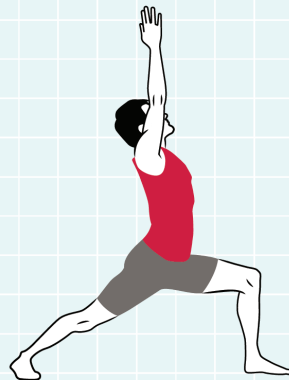
4 LOW LUNGE, QUAD STRETCH



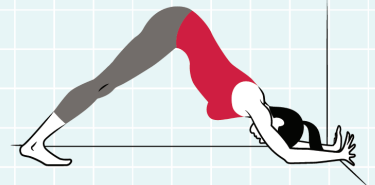
5 HIGH LUNGE



6 REVOLVED HIGH LUNGE



7 WARRIOR I



8 DOWN DOG WITH HANDS ON A WALL



9 HANDSTAND



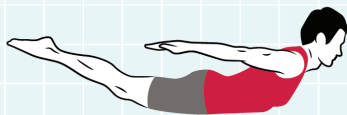
10 FOREARM BALANCE



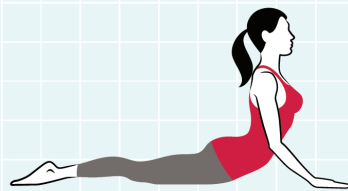
11 CHILD'S POSE



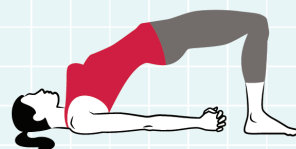
12 HALF LORD OF THE FISHES



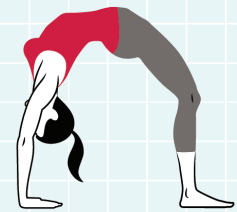
13 LOCUST POSE



14 COBRA POSE



15 BRIDGE POSE



16 URDHVA DHANURASANA