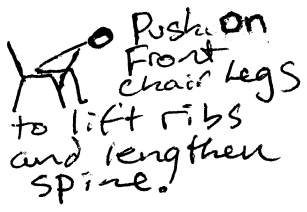
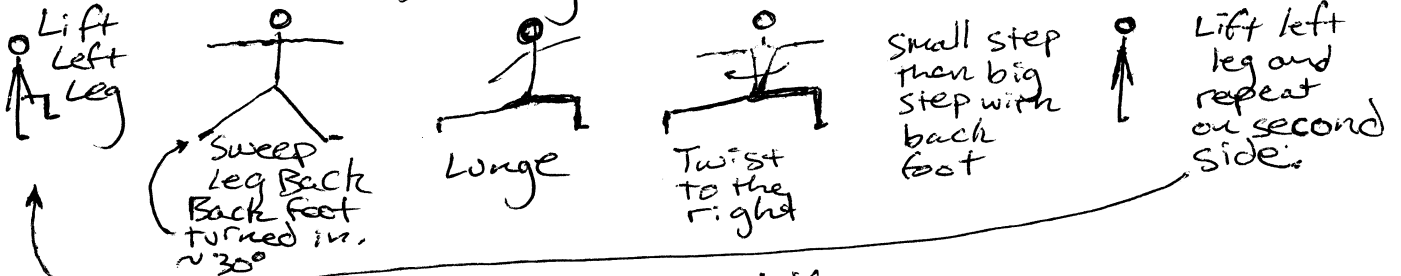
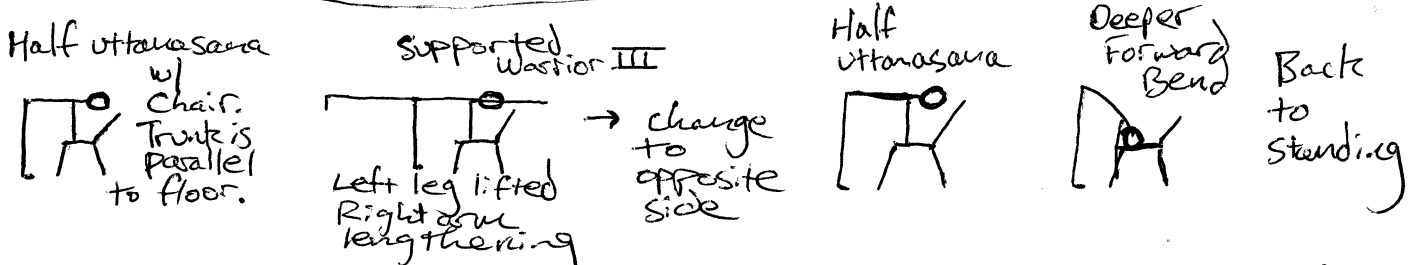
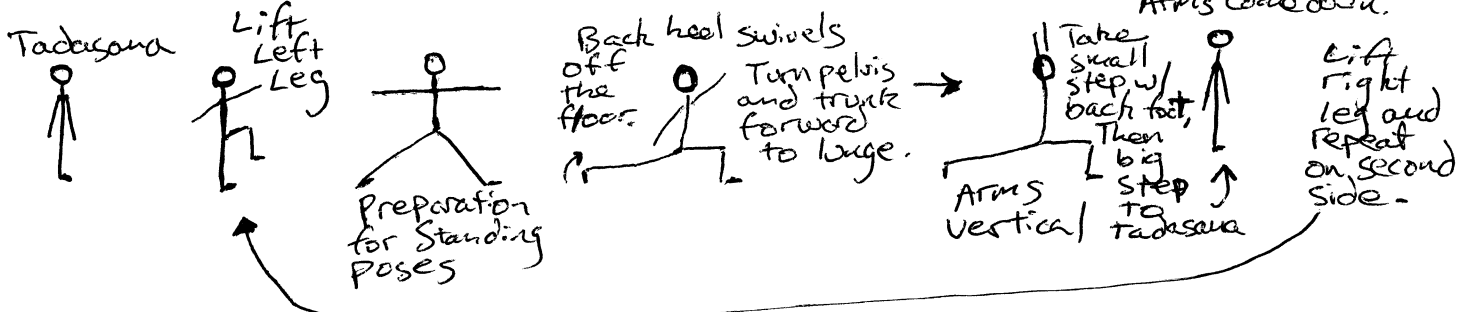
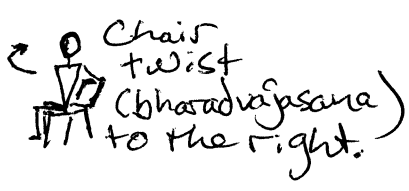


A Short Intermediate-Level Practice.



Go back to the push... And then the pull.

Lower further into the forward bend, maintain length.



Then twist to the left,

Chair Savasana

