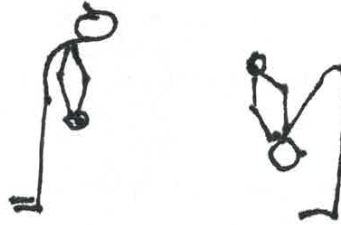


## Deep Release Poses

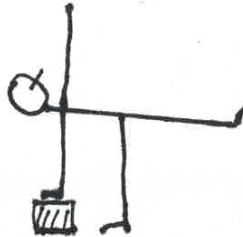
Handclasp High Arch > Forward Bend



Down Dog



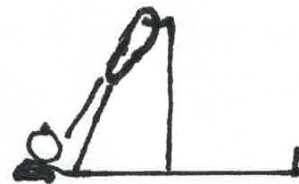
Half Moon



Standing Twist



Lying Hamstring Stretch with strap



Inner Hamstring Stretch  
resting leg on chair

