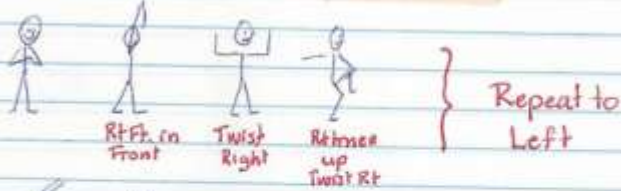


SOLSTICE PRACTICE #4



Repeat to Left



Rt knee to Rt Left Hand Over Head

Rt Arm stretch Lh. Arm Wrap Behind

Rt Arm Wraps behind Lt Arm Over & Under Rt. knee

Left Back knee

Repeat to Left



Repeat to Left



Repeat Right



Jump to Tadasana



Wrap Arm Around Back

Left Arm Inside Left Knee

Repeat on Right Side



Repeat Right Side



Jump to Downward Dog



Jump to Wide Tadasana



Rt Elbow to Rt. knee Left Arm Over



Lt. Elbow to Lt. knee Right arm Over



Bend Rt Left Arm Up
Trikoasana

Repeat to Left Side



D. Dog Plank Open to Right

Repeat to Left