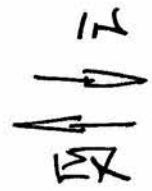
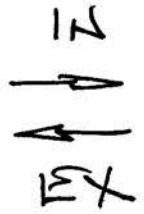


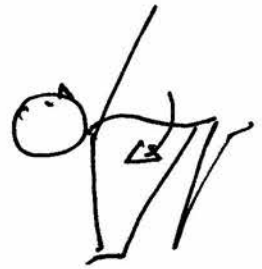
RHT
BOTH LEGS



RHT
TOP LEG ONLY



RHT
SIDE SWEEPING
ARM ON GROUND



STAY
4 BREATHS

- TOTAL ONE SIDE 16 BREATHS

- REPEAT OPPOSITE SIDE

- TOTAL VINYASA 32 BREATHS

- SEE BLOG POST FOR FURTHER NOTES