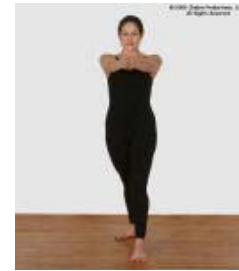


Spinning



Ancient Tibetan Rite #1



Abdominal Core Work



Ancient Tibetan Rite #2



Camel Like Pose



Ancient Tibetan Rite #3

Modified Forward Extension (Table Pose)



Ancient Tibetan Rite #4

Upward Dog to
Downward Dog Flow



Ancient Tibetan Rite #5