
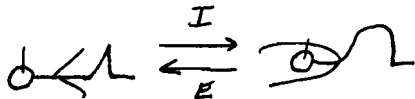


**Sirsasana, Sarvangasana, Uttana Padasana**  
**Kathy Ornish, 2006**

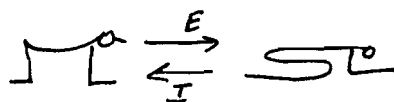
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Chant A-U-M up spine  
 Visualize "A" from base of spine to naval  
 Visualize "U" from naval to throat  
 Visualize "M" from throat to third eye  
 Sit with awareness of prana along the spine

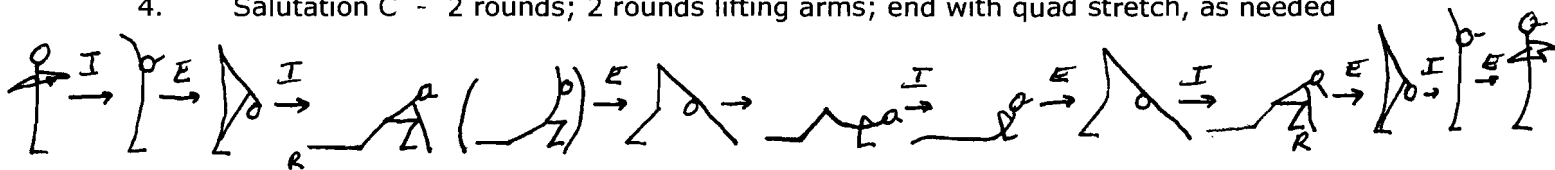
- Dvi Pada Pitham - 6X



- Cakravakasana - 6X



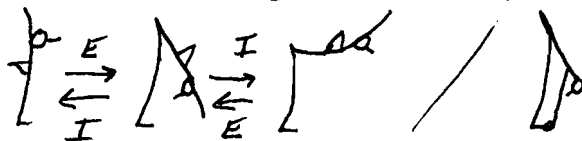
- Salutation C - 2 rounds; 2 rounds lifting arms; end with quad stretch, as needed



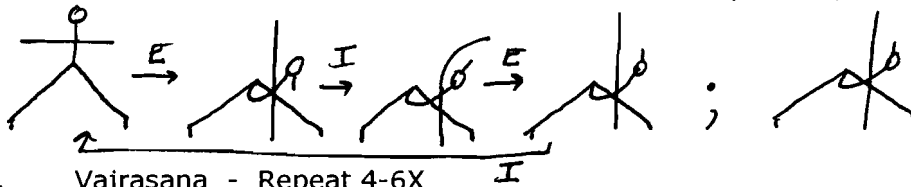
- Virabhadrasana 1 - Repeat 3X; Stay 6 breaths



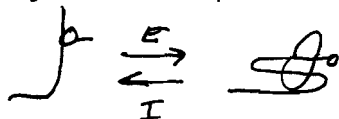
- Uttanasana/Padangusthasana - Repeat 2X, alternating sides; Stay 6B



- Parivrtti Trikonasana with head movement - Repeat 3X, alternating sides; Stay 4B



- Vajrasana - Repeat 4-6X



- Sirsasana - Stay 6 - 10B



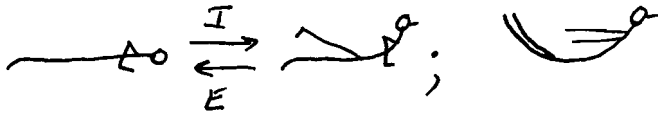
- Dvi Pada Pitham - Repeat 4X; Stay 4B



11. Sarvangasana - Stay 10 - 14B



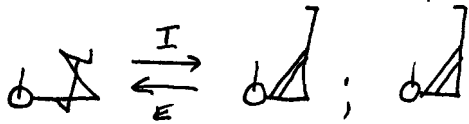
12. Salabhasana - Repeat 3X, alternating legs; Stay 3 -4 breaths



13. Dhanurasana - Repeat 3X staying 2B, 2-3B, & 4B



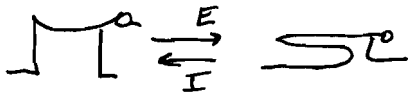
14. Urdhva Prasarita Padasana - Repeat 4X; Stay 1B, 2B



15. Uttana Padasana - Repeat 2X staying 2B, 4B



16. Cakravakasana - Repeat 4 - 6X with head movement



17. Ardha Matsyendrasana - Stay 8B EACH SIDE



18. Pascimatanasana - Repeat 2X; Stay 4 - 6B and lengthen neck



19. Savasana



20. Nadi Sodhana - 1:½:2:½

21. So Hum Meditation