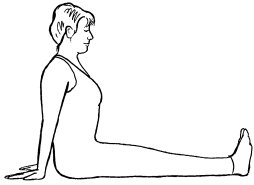


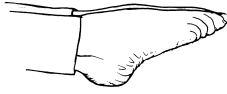
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JOINT FREEING SERIES

Pavanmuktasana - Mukunda Stiles © 2002



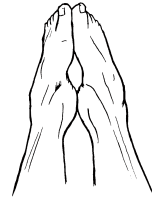
1. Stick pose - Dandasana
EXHALE feet toward head, toes spread



INHALE point foot
curling the toes



2. INHALE soles face
out keep feet upright.



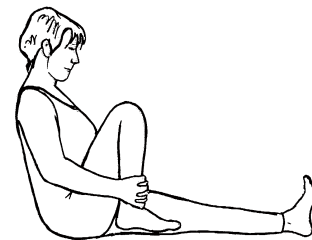
EXHALE soles face in
keep feet upright.



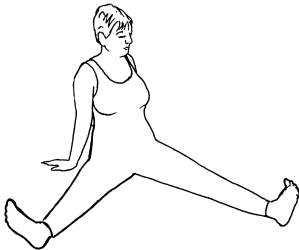
3. INHALE circling out
EXHALE circling in



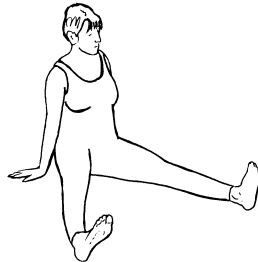
4. INHALE with a mild arm
effort, straighten knee



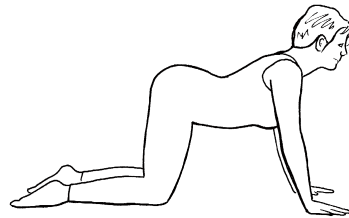
EXHALE hold lower shin
as you pull heel to thigh



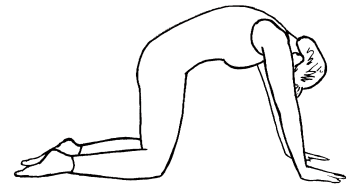
5. INHALE turn leg out
& swing it wide open



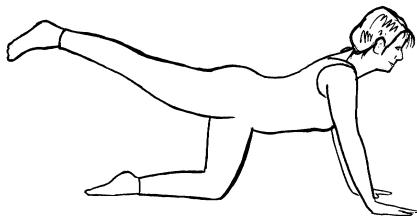
EXHALE turn leg in
& swing it back



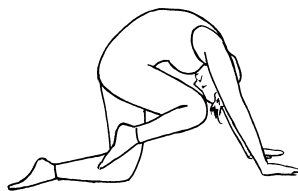
6. INHALE head up
spine down



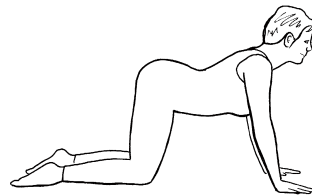
EXHALE back up
abdomen in



7. INHALE stretch leg
back and up, spine level



EXHALE bring knee
toward chest, spine lifted



8. INHALE center pose
squeeze thighs



EXHALE hips to side
feet opposite, toes forward

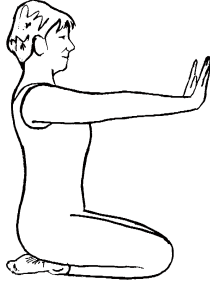
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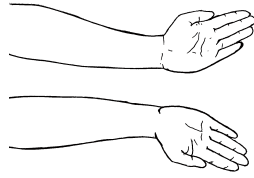
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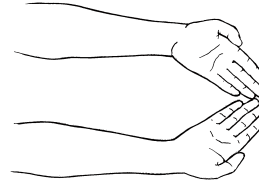
9. INHALE hands down fingers curled toward forearms



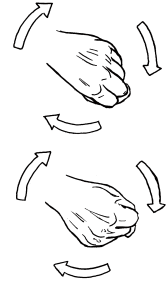
EXHALE hands up fingers toward head & spread



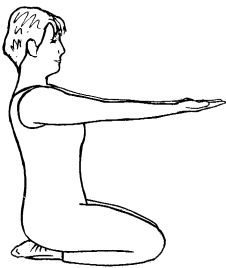
10. INHALE palms flat & out



EXHALE palms flat & in



11. INHALE fists out EXHALE in 3x then reverse circles



12. INHALE arms straight, palms up



EXHALE knuckles to shoulders



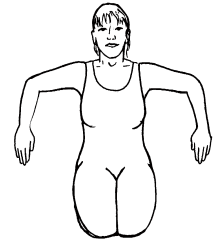
13. INHALE elbows wide apart



EXHALE elbows together



14. INHALE arms up palms facing forward



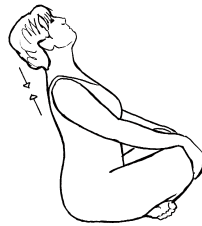
EXHALE arms down, palms face backward



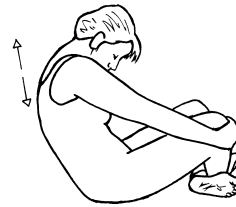
15. INHALE arms up with palms facing in



EXHALE arms behind back



16. INHALE arch back, squeeze blades



EXHALE round back open shoulder blades



17. INHALE erect EXHALE side bend



18. INHALE sit erect EXHALE spinal twist



19. INHALE head up



EXHALE head down



20. INHALE sit erect EXHALE head to side



21. INHALE center head EXHALE rotate head

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