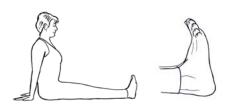
## Yoga Therapy Center JOINT FREEING SERIES

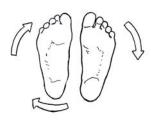
Pavanmuktasana - Mukunda Stiles © 2002



1. Stick pose - Dandasana

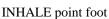
in

EXHALE feet toward head, toes spread



3. INHALE circling out EXHALE circling in





curling the toes



2. INHALE soles face

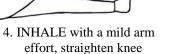
out keep feet upright.



EXHALE soles face

keep feet upright.



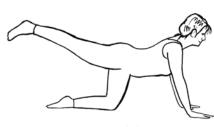




EXHALE hold lower shin as you pull heel to thigh



5. INHALE turn leg out little toe down & swing open



7. INHALE stretch leg back and up, spine down forward

EXHALE lift hip, turn leg in





EXHALE lift hip, turn leg in 6. INHAL great toe down & swing it back spine dow

6. INHALE head up spine down

EXHALE back up abdomen pulled in







EXHALE bring knee toward chest, spine lifted

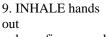
8. INHALE center pose squeeze thighs

EXHALE hips to side feet opposite, toes

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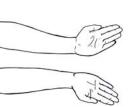


down fingers curled toward forearms



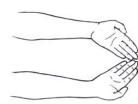
**EXHALE** hands

up fingers toward head & spread



10. INHALE palms

flat & out



**EXHALE** palms

flat & in



11. INHALE fists

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 hands up palms facing forward

**EXHALE** hands down, palms face backward



15. INHALE arms up with palms facing in



EXHALE arms behind your back



16. INHALE arch back, squeeze blades



EXHALE round back

open shoulder blades



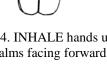
18. INHALE sit erect **EXHALE** spinal twist

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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17. INHALE erect EXHALE side bend

