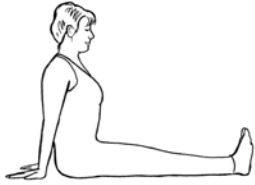


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JOINT FREEING SERIES

Pavanmuktasana - Mukunda Stiles © 2002



1. Stick pose - Dandasana



INHALE point foot



2. INHALE soles face



EXHALE soles face

in

EXHALE feet toward head,
toes spread

curling the toes

out keep feet upright.

keep feet upright.



3. INHALE circling out
EXHALE circling in



4. INHALE with a mild arm
effort, straighten knee



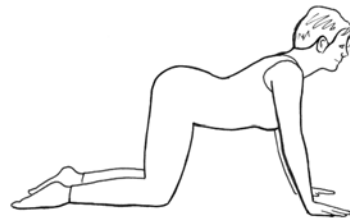
EXHALE hold lower shin
as you pull heel to thigh



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



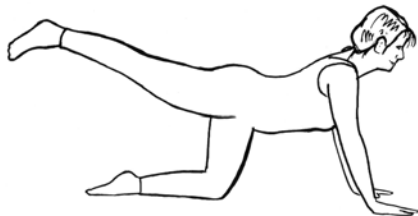
EXHALE lift hip, turn leg in
great toe down & swing it back



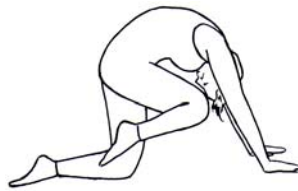
6. INHALE head up
spine down



EXHALE back up
abdomen pulled in



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



EXHALE bring knee
toward chest, spine lifted



8. INHALE center pose
squeeze thighs



EXHALE hips to side
feet opposite, toes

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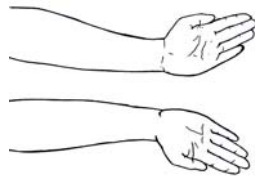
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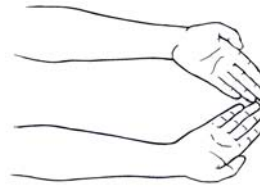
9. INHALE hands out
down fingers curled toward forearms



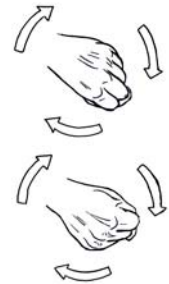
EXHALE hands up fingers toward head & spread



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



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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