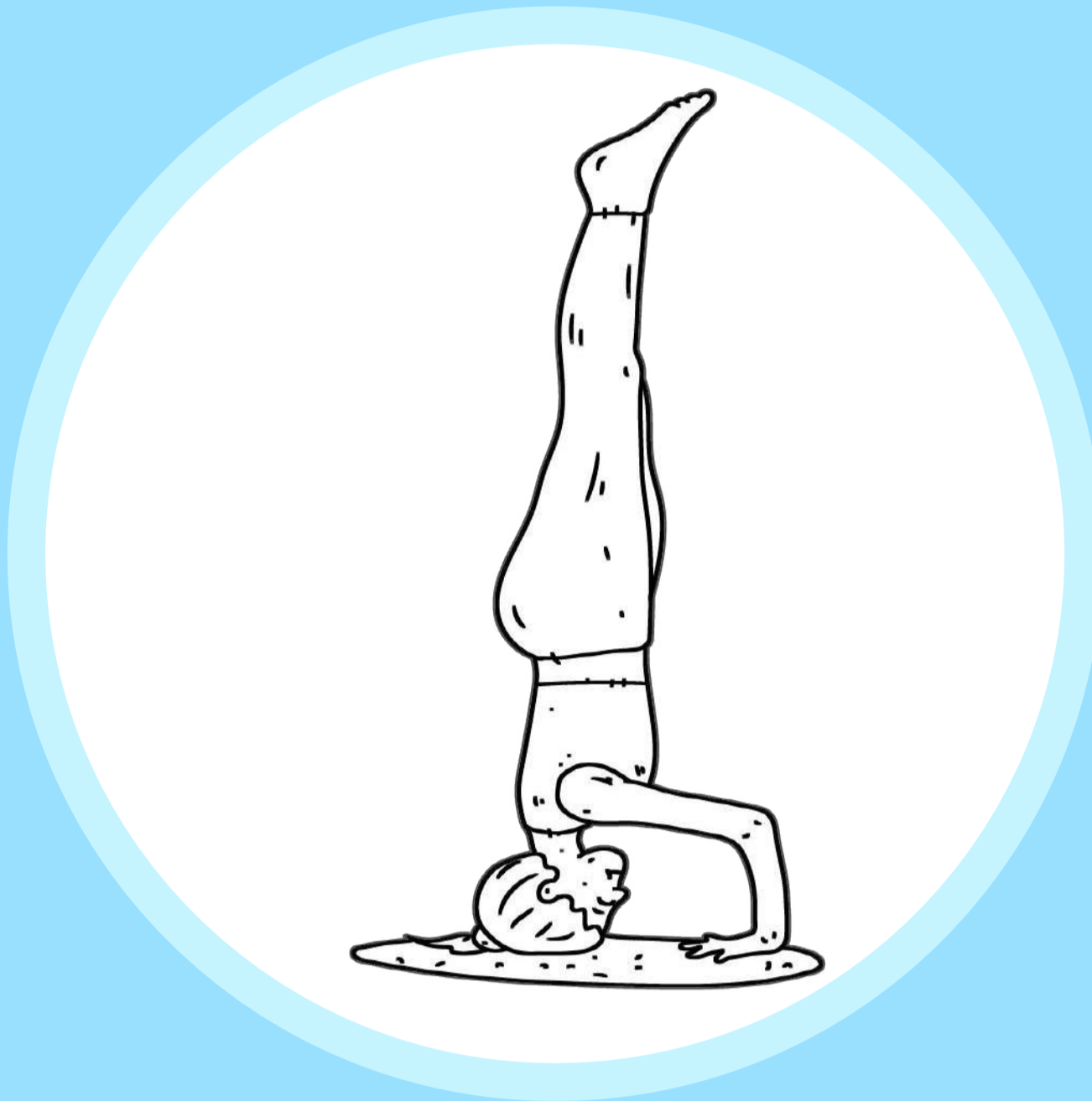
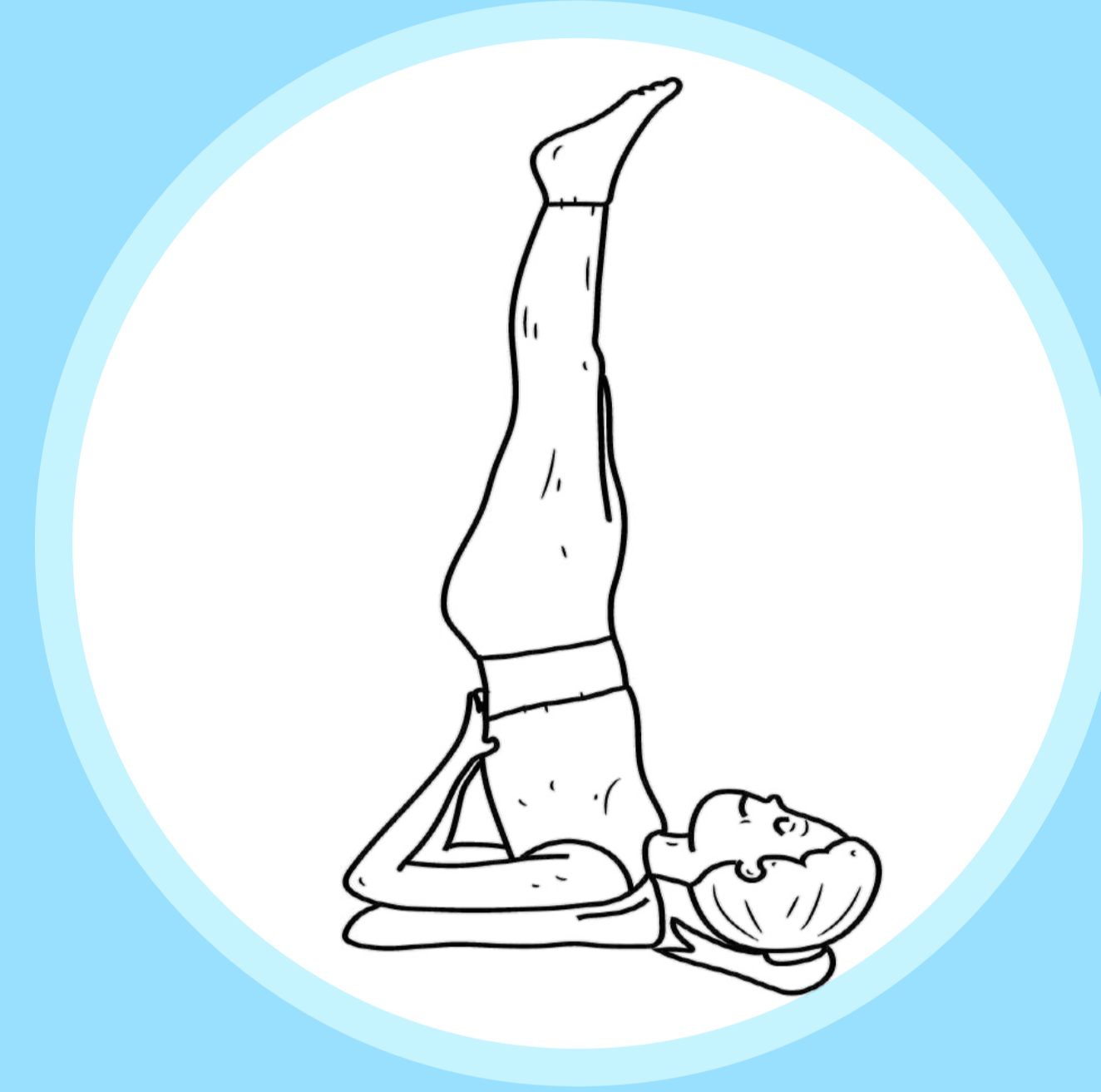


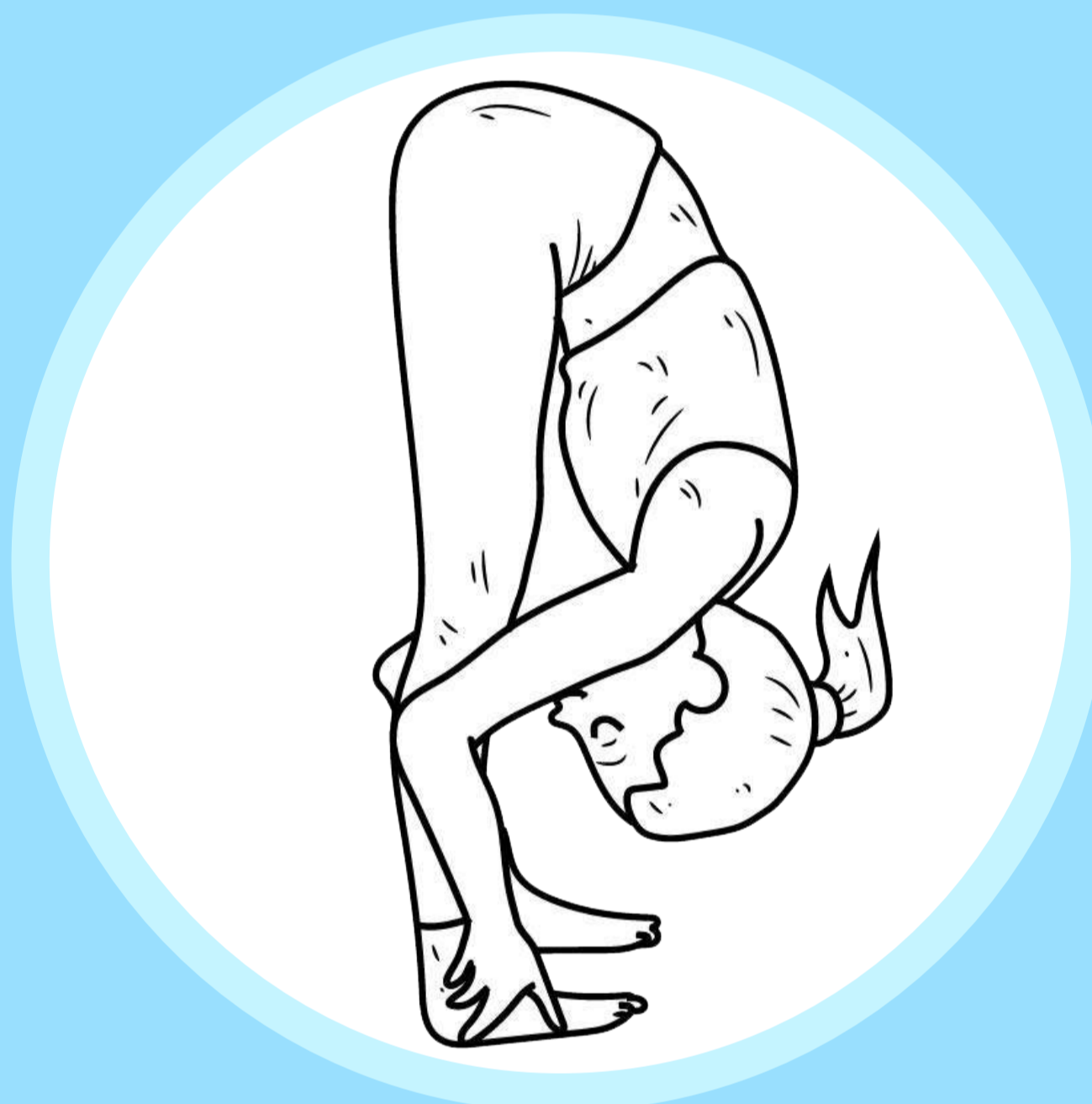
Chill (p. 1 of 3)



Sirsasana
(head stand)



Sarvāngāsana
(shoulder stand)



Uttānāsana
(forward fold)



Paschimottānāsana
(staff)

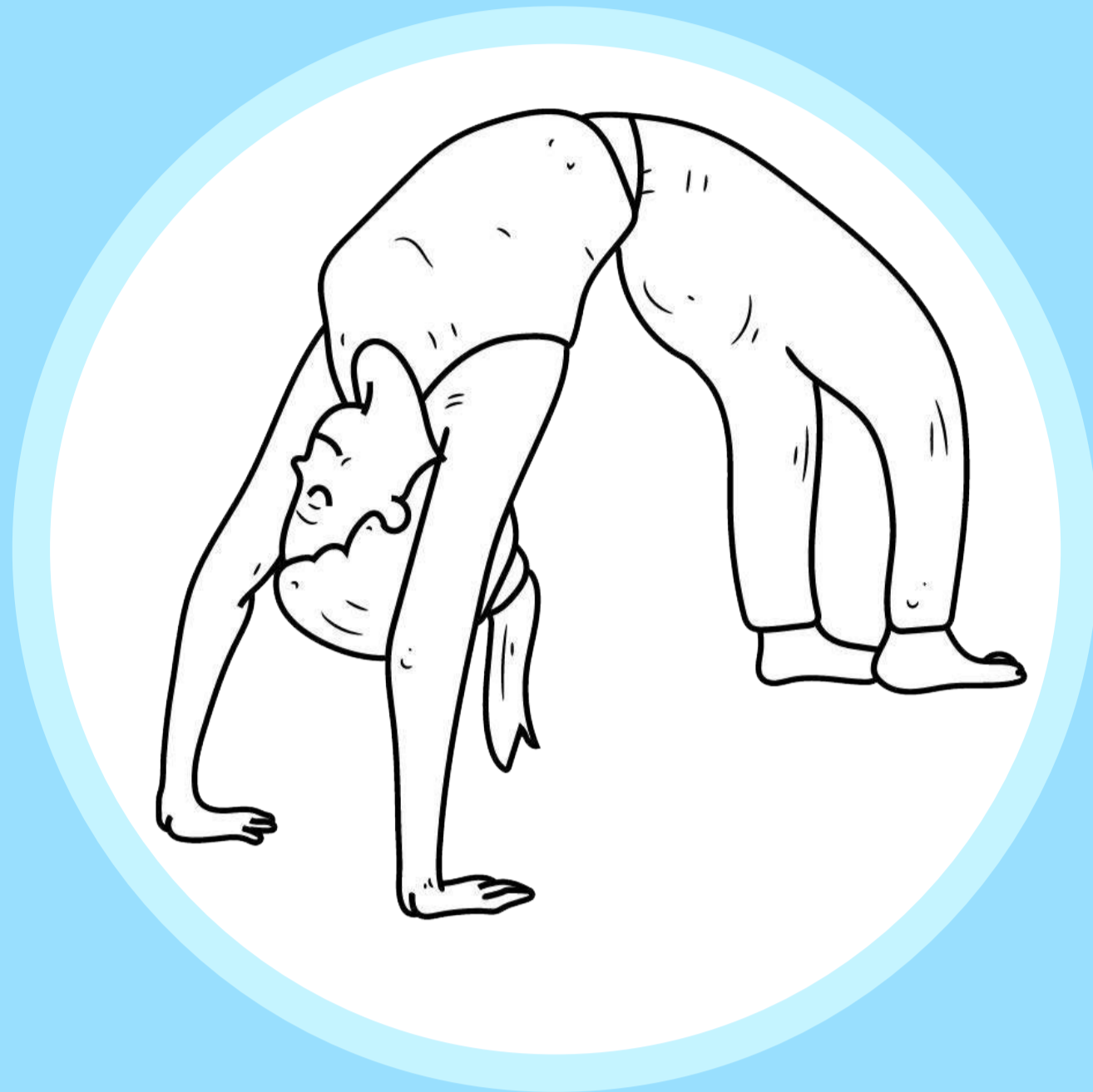


Ardha Marīchyāsana I
(bound forward fold)



Pāśāsana
(cord)

Chill (p. 2 of 3)



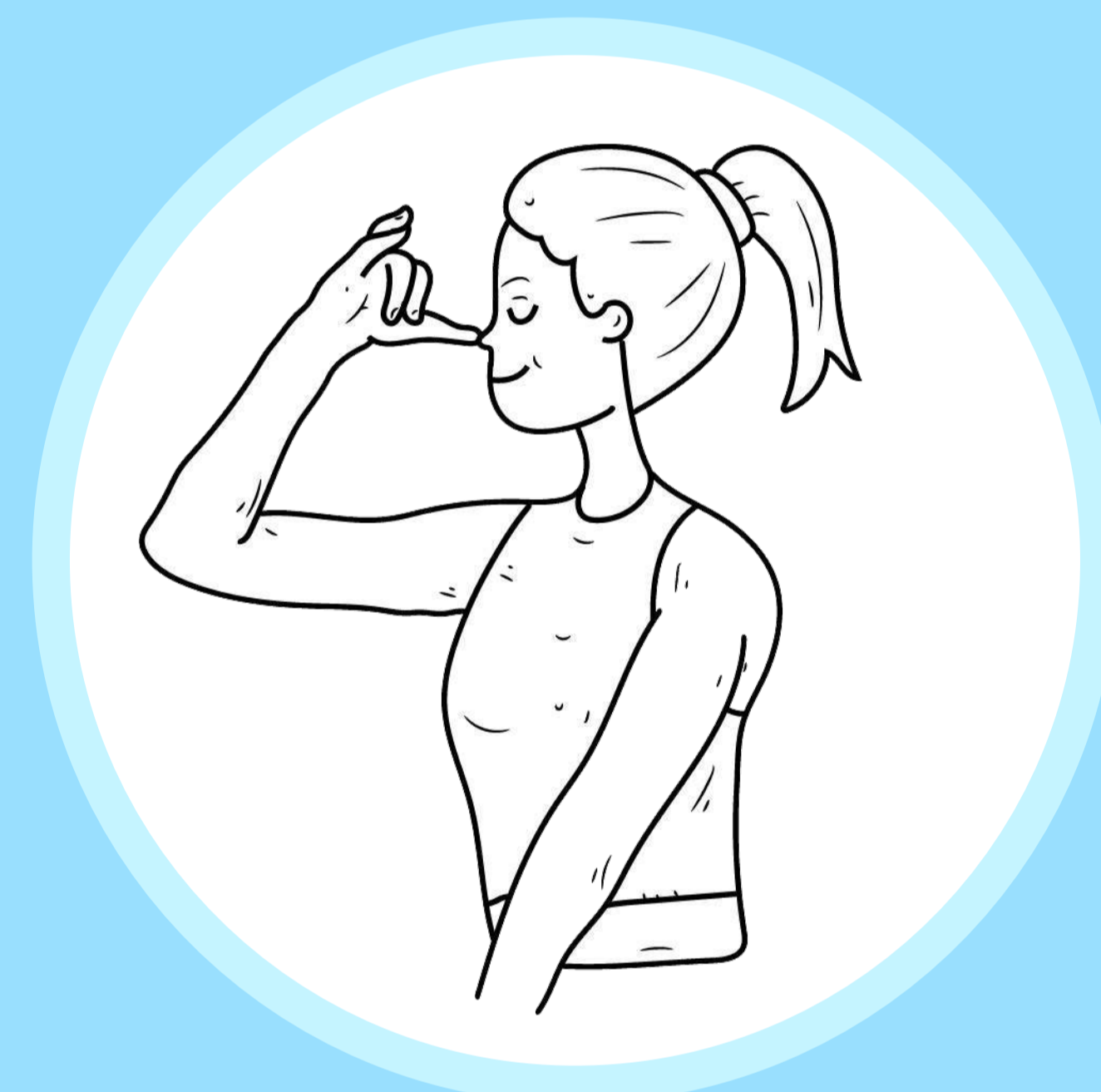
Chakrāsana
(wheel)



Ujjayi Pranayama



Bhastrika Pranayama



Nādī Śodhana
(alternate nostril breathing)



Srubbyhedana Pranayama

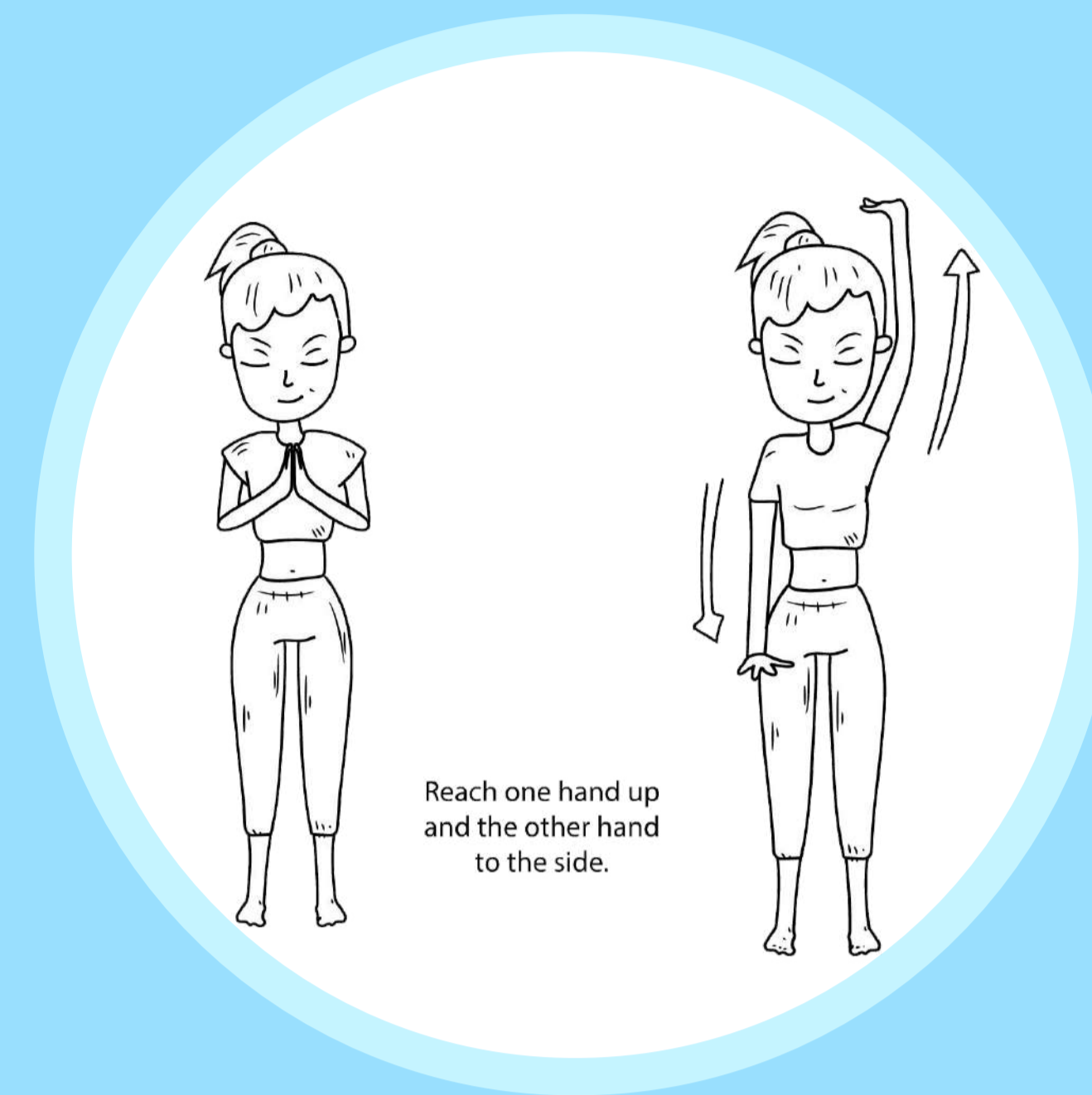


Honey

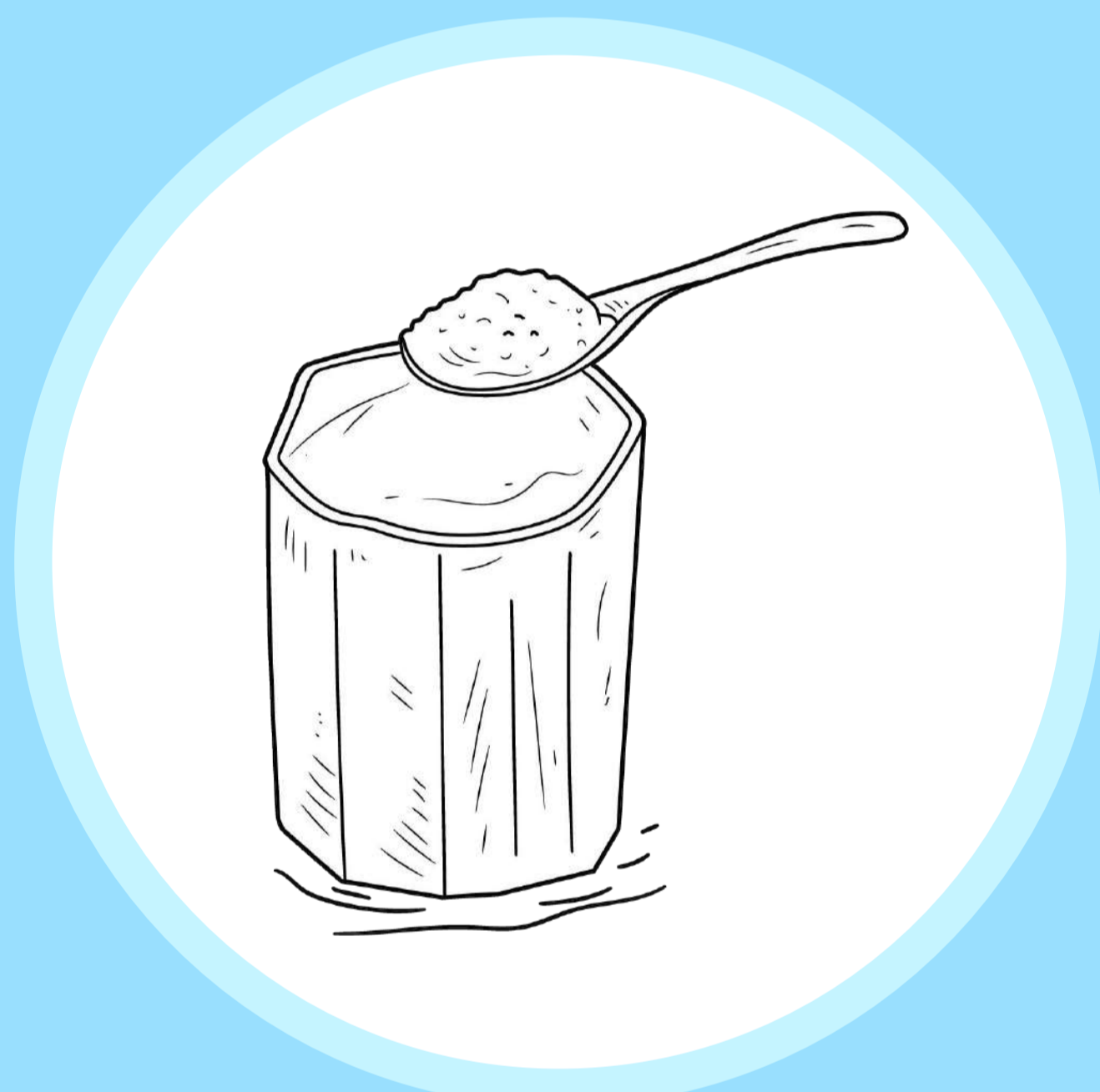
Chill (p. 3 of 3)



Ginger



Pluck the Stars on Each Side



Gargle Salt Water