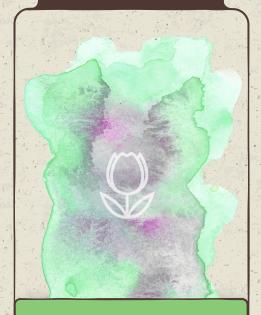
YOGI SURPRISE SEQUENCE



TIME TO BLOSSOM

IST EDITION . LIMITED RUN

## TIME TO BLOSSOM

This sequence will invite you to welcome spring with a grounded spirit and an open heart while reenergizing your entire body.



WIDE-LEGGED FORWARD BEND LICTAIC LICTAIC

DOWNWARD - FACING DOG

Prasarita Padottanasana



CROW POSE



FOUR-LIMBED STAFF POSE

Chaturanga Dandasana



TREE POSE Vrikshasana



LORD OF THE DANCE

Natarajasana