



YOGI SURPRISE SEQUENCE



THE JOY OF GIVING



1ST EDITION • LIMITED RUN



THE JOY OF GIVING

Embrace giving's essential nature of pure love by connecting to your heart center with this powerful sequence.



LOW LUNGE

Anjaneyasana



GARLAND POSE

Malasana



WILD THING

Camatkarasana



CAMEL POSE

Ustrasana



CHILD'S POSE

Balasana



LOTUS POSE

Padmasana