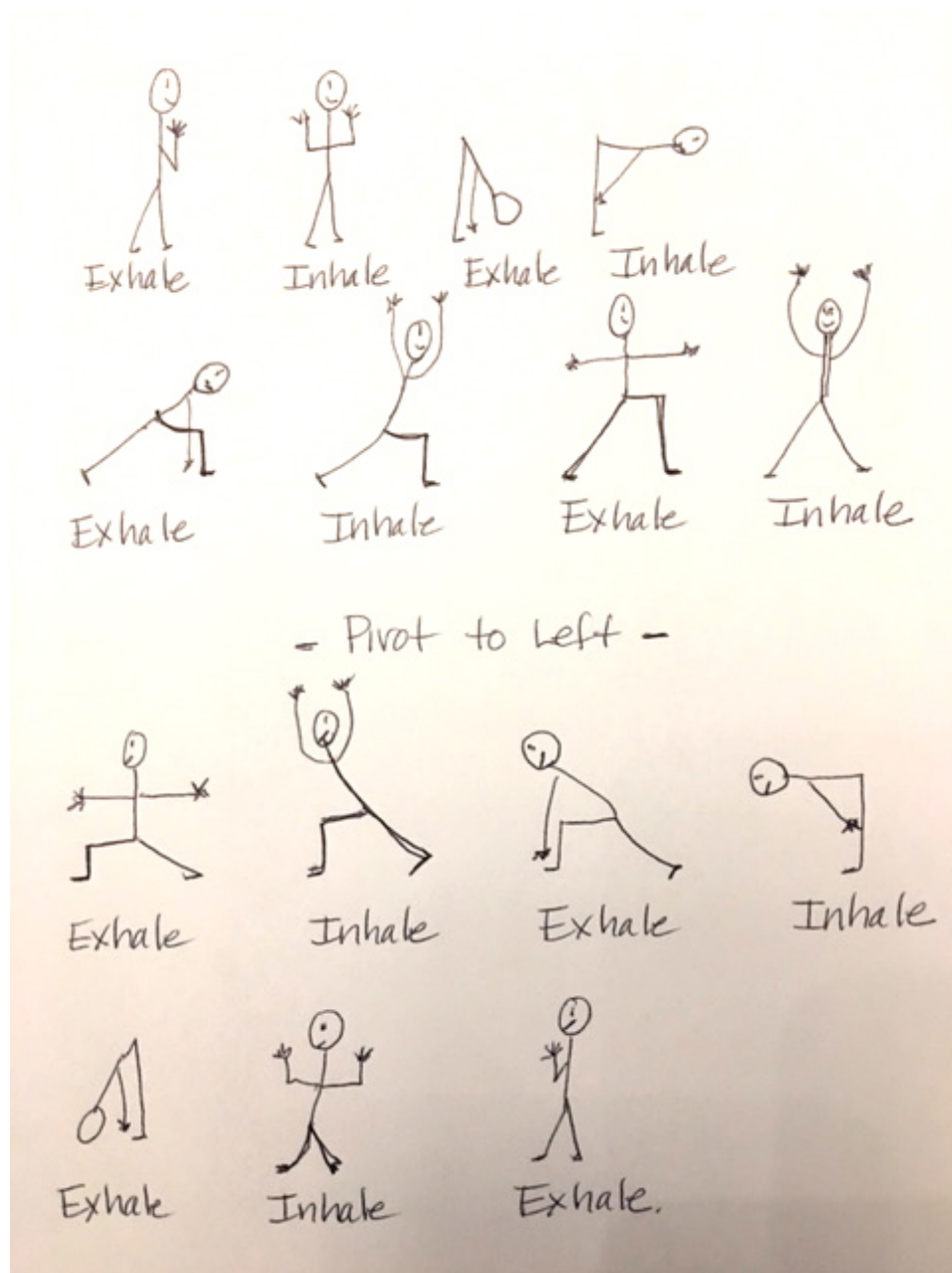


Compassionate Vinyasa:

*Anjali Mudra to Standing Cactus to Uttanasana to 1/2 Uttanasana to High Lunge to Crescent Lunge to Virabhadrasana II to Wide Angle Urdhva Hastasana*



*Virabhadrasana II to Crescent Lunge to High Lunge to 1/2 Uttanasana to Uttanasana to Standing Cactus to Anjali Mudra*