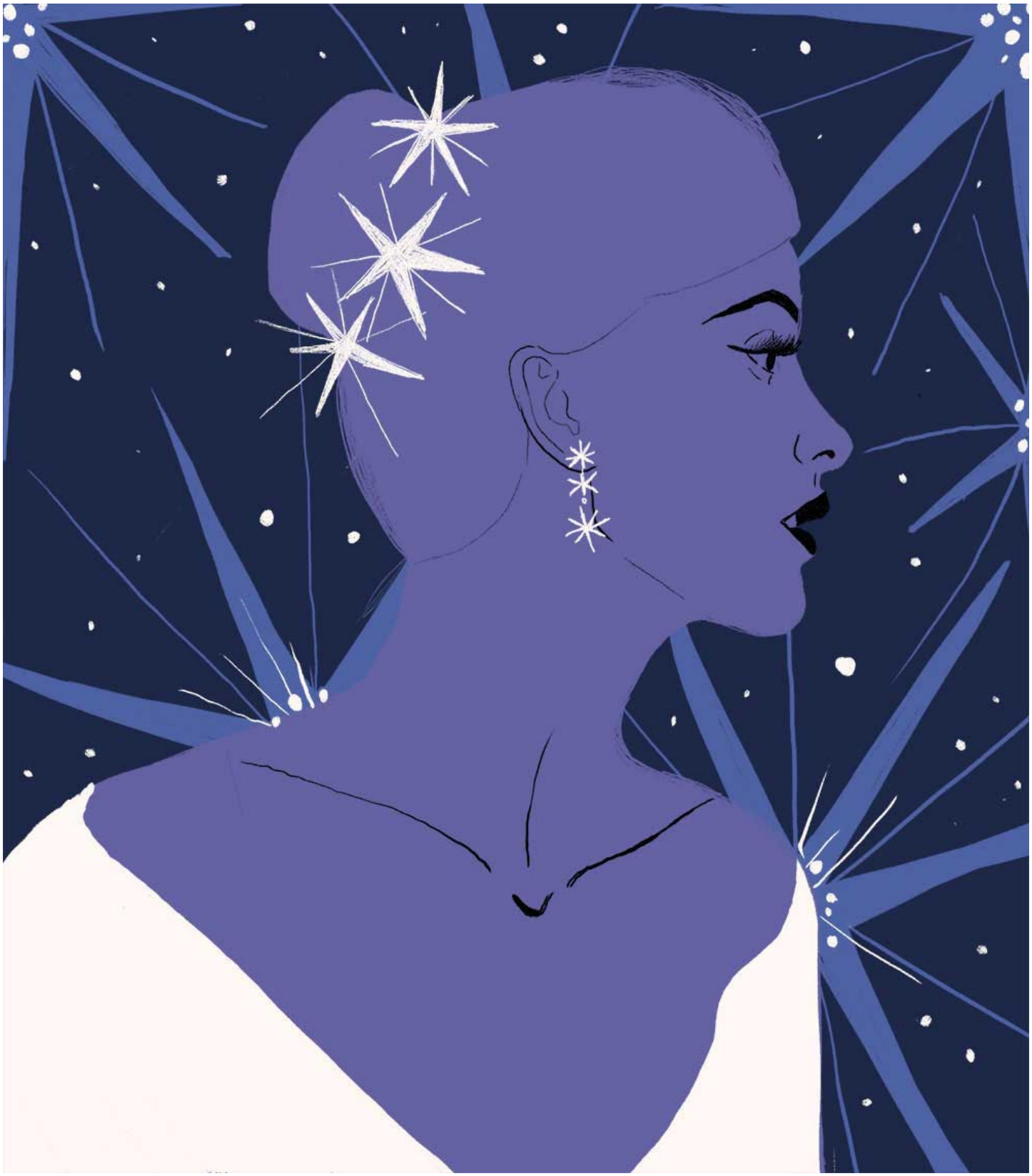
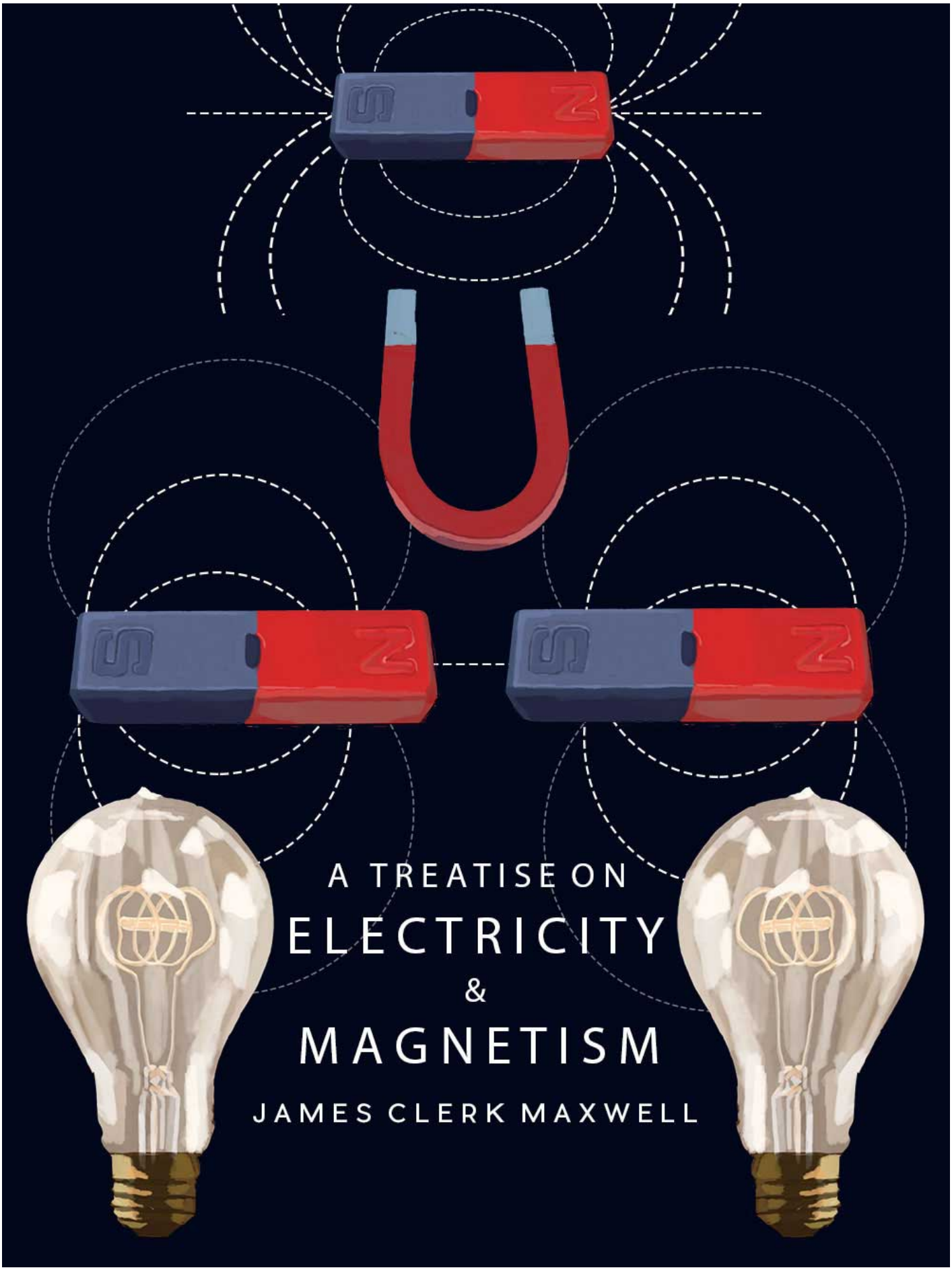
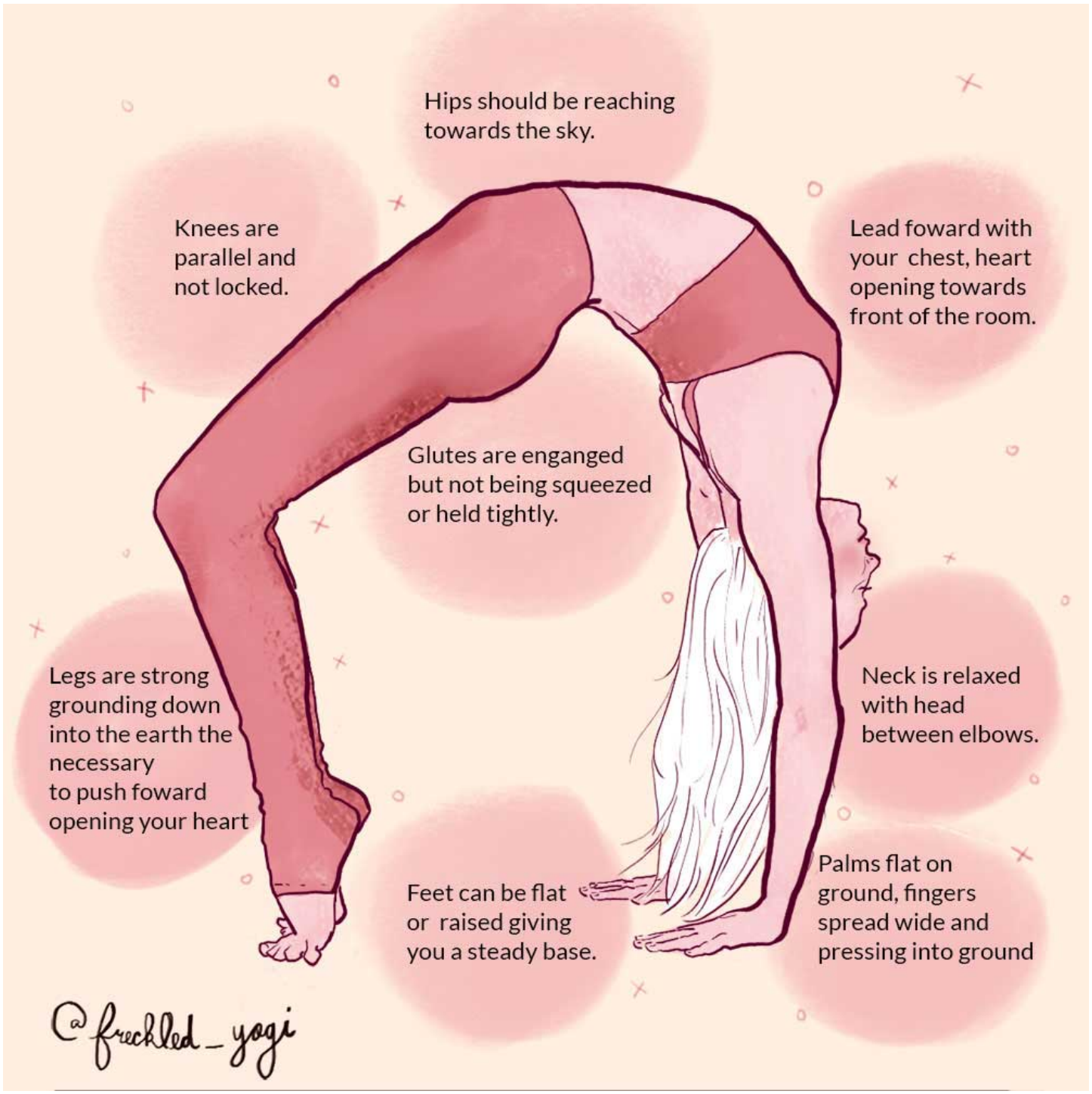




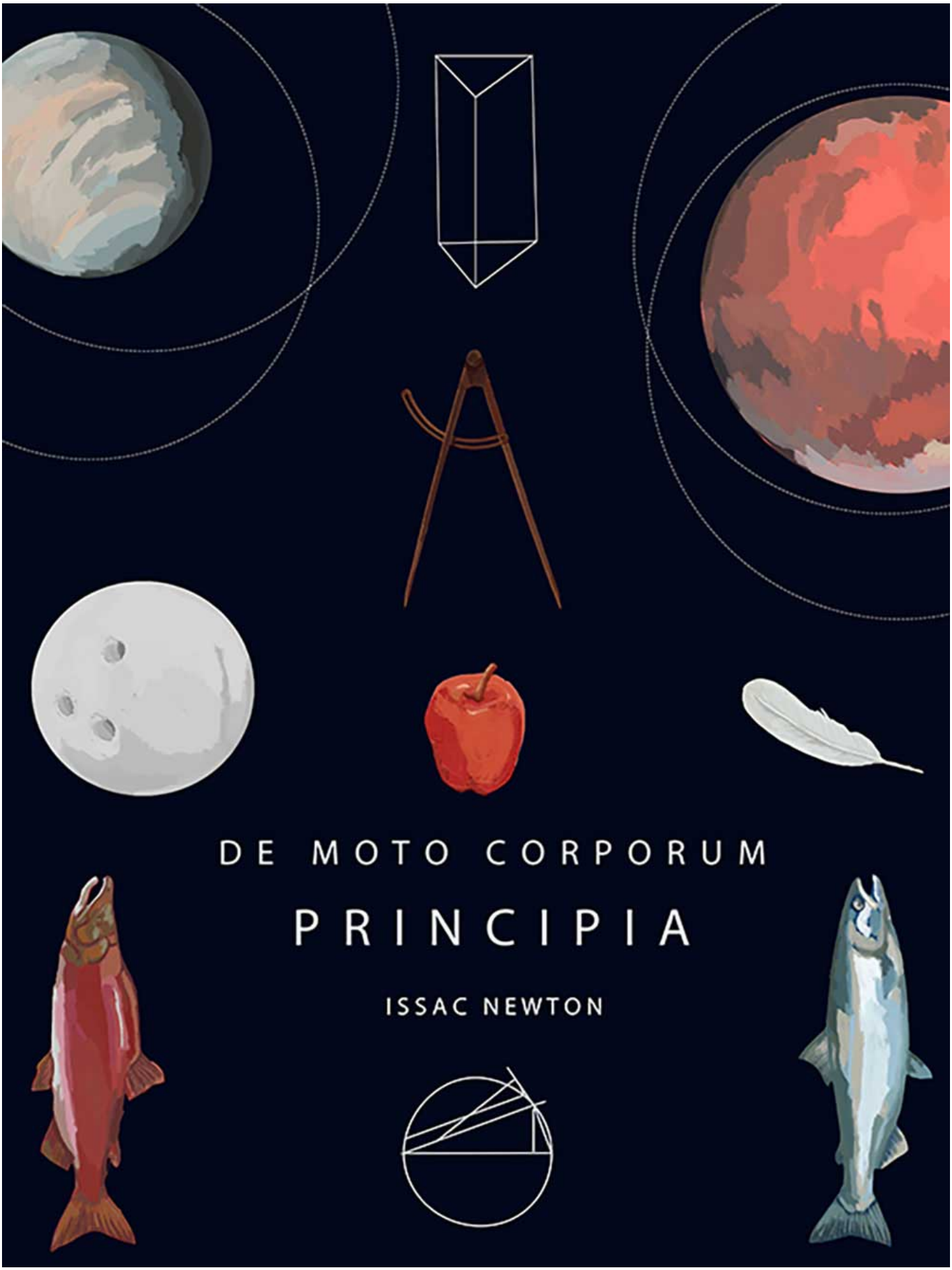




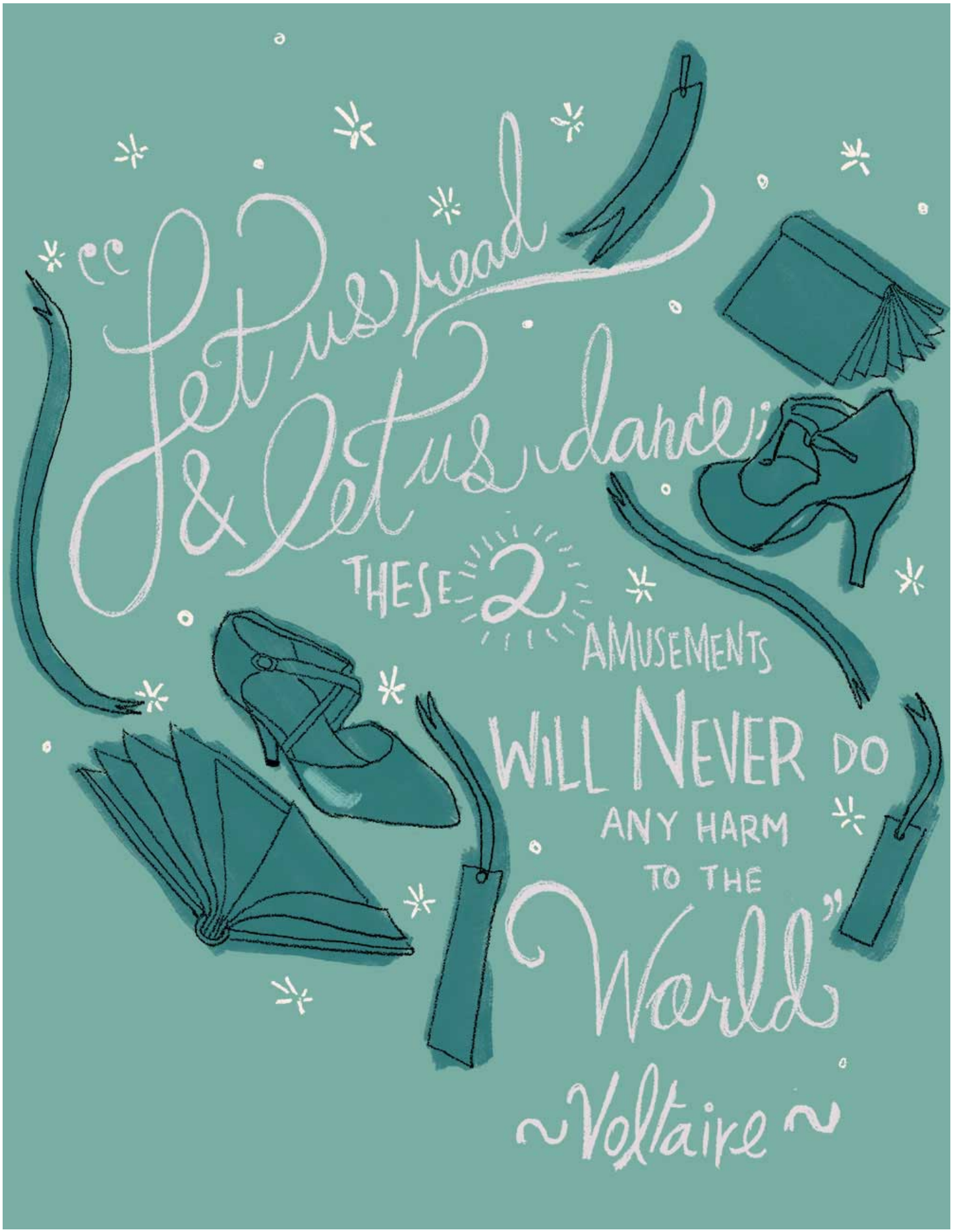

A TREATISE ON
ELECTRICITY
&
MAGNETISM
JAMES CLERK MAXWELL

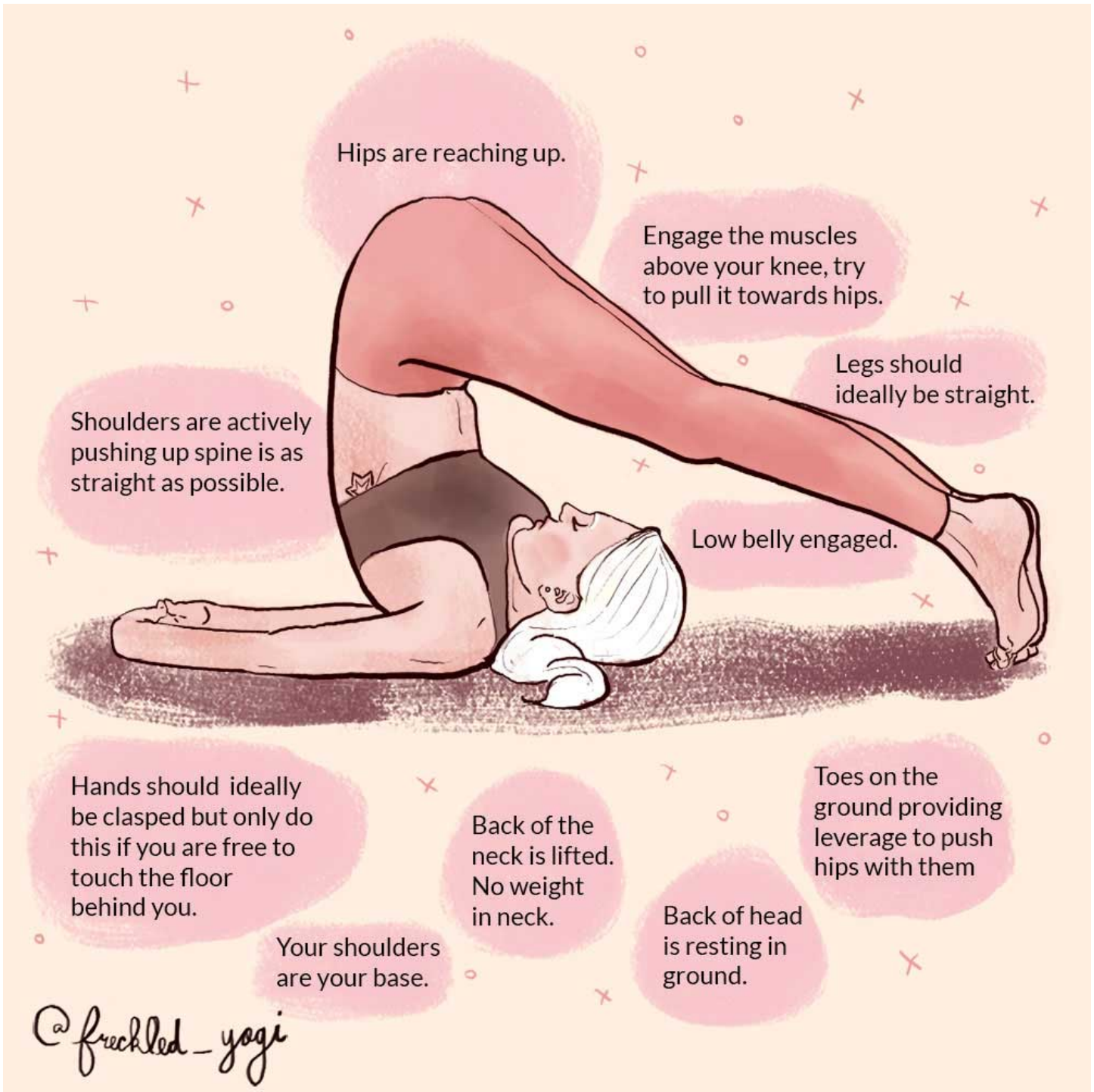

Hips should be reaching towards the sky.
Knees are parallel and not locked.
Lead foward with your chest, heart opening towards front of the room.
Glutes are enganged but not being squeezed or held tightly.
Legs are strong grounding down into the earth the necessary to push foward opening your heart
Neck is relaxed with head between elbows.
Feet can be flat or raised giving you a steady base.
Palms flat on ground, fingers spread wide and pressing into ground
@freckled_yogi




DE MOTO CORPORUM
PRINCIPIA
ISSAC NEWTON




"Let us read
& let us dance;
these 2
amusements
will never do
any harm
to the
World"
~Voltaire~


Hips are reaching up.
Engage the muscles above your knee, try to pull it towards hips.
Legs should ideally be straight.
Shoulders are actively pushing up spine is as straight as possible.
Low belly engaged.
Hands should ideally be clasped but only do this if you are free to touch the floor behind you.
Back of the neck is lifted. No weight in neck.
Toes on the ground providing leverage to push hips with them
Back of head is resting in ground.
Your shoulders are your base.
@freckled_yogi


cheerful

Thank you for viewing