JOINT FREEING SERIES
Pavanmuktasana - Mukunda Stiles © 2002

1. Stick pose - Dandasana
   INHALE point foot
   EXHALE feet toward head, toes spread

2. INHALE soles face
   curling the toes
   OUT keep feet upright.

3. INHALE circling out
   EXHALE circling in

4. INHALE with a mild arm effort, straighten knee
   EXHALE hold lower shin as you pull heel to thigh

5. INHALE turn leg out
   little toe down & swing open
   EXHALE lift hip, turn leg in
   great toe down & swing it back

6. INHALE head up
   spine down
   EXHALE back up
   abdomen pulled in

7. INHALE stretch leg
   back and up, spine down forward
   EXHALE bring knee
   toward chest, spine lifted

8. INHALE center pose
   squeeze thighs
   EXHALE hips to side
   feet opposite, toes

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9. INHALE hands out
down fingers curled toward forearms

10. INHALE palms
up fingers toward head & spread

11. INHALE fists
flate & out
EXHALE in 3x
then reverse circles

12. INHALE arms straight, palms up

13. INHALE elbows wide apart
EXHALE elbows together

14. INHALE hands up palms facing forward
EXHALE hands down, palms face backward

15. INHALE arms up with palms facing in

16. INHALE arch back, squeeze blades
EXHALE round back open shoulder blades

17. INHALE erect
EXHALE side bend

18. INHALE sit erect EXHALE spinal twist

19. INHALE head up EXHALE head down

20. INHALE sit erect EXHALE head to side

21. INHALE center head EXHALE rotate head