

STRUCTURAL YOGA THERAPY

ANATOMY AND YOGA

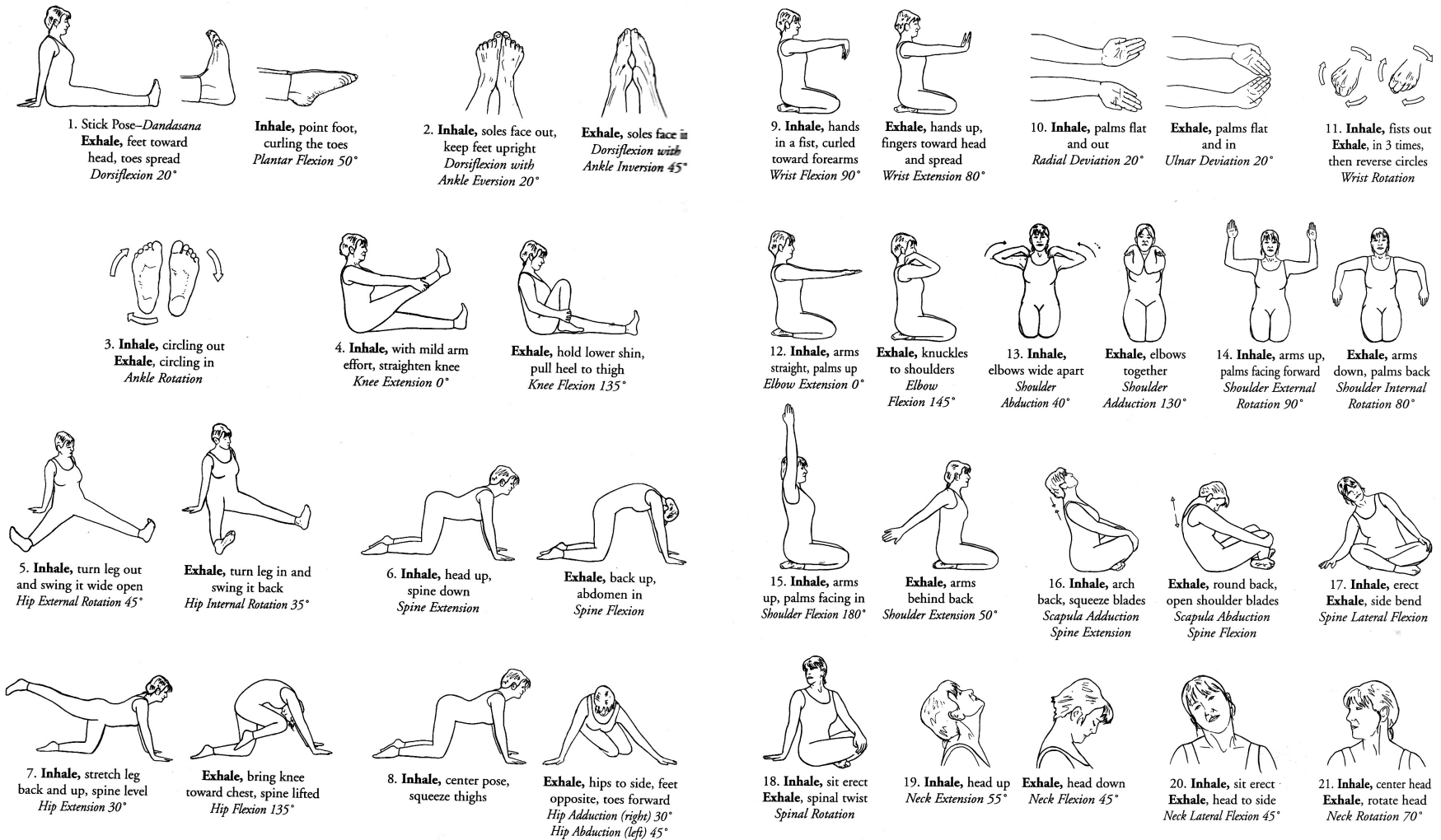


Figure 19. Overview of the Joint-Freeing Series.

Figure 19. Overview of the Joint-Freeing Series (continued).