

YOGI SURPRISE SEQUENCE



CREATIVE DIVINE MOTHER

1ST EDITION • LIMITED RUN

CREATIVE DIVINE MOTHER

Let Mother Nature guide you as you open up your heart this month and embrace your creative side.



UPWARD SALUTE

Urdhva Hastasana



FORWARD FOLD

Uttanasana



DOLPHIN

Makarasana



WIDE-LEG FORWARD FOLD

Prasarita Padottanasana



HALF LORD OF THE FISHES

Ardha Matsyendrasana



FIRELOG

Agnistambhasana



CREATIVE DIVINE MOTHER