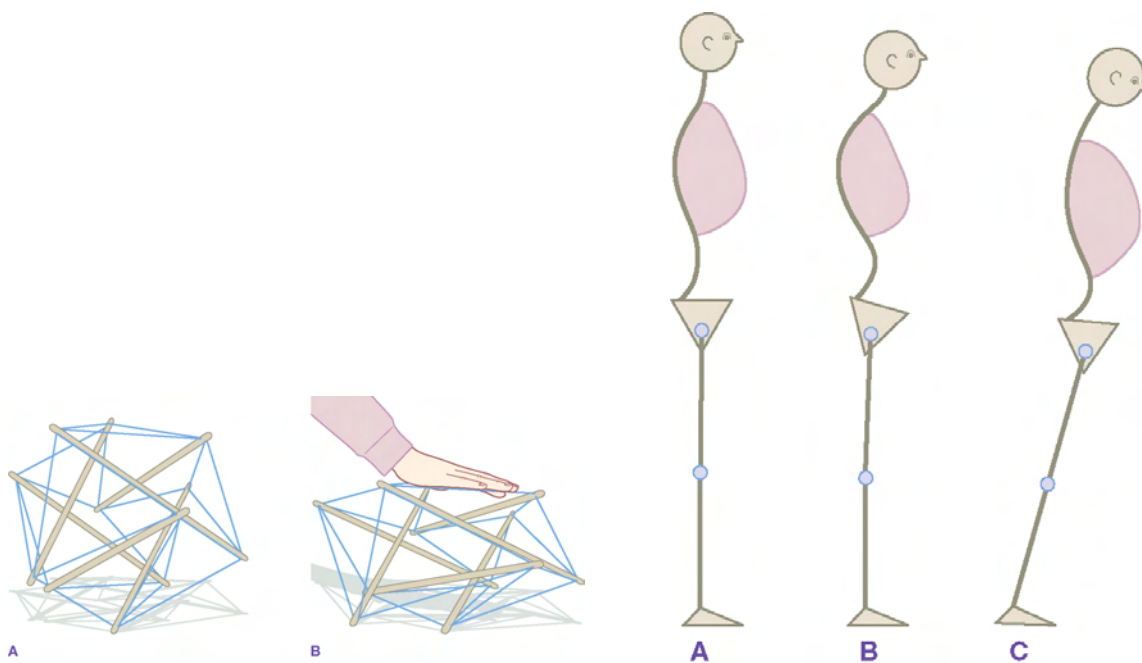
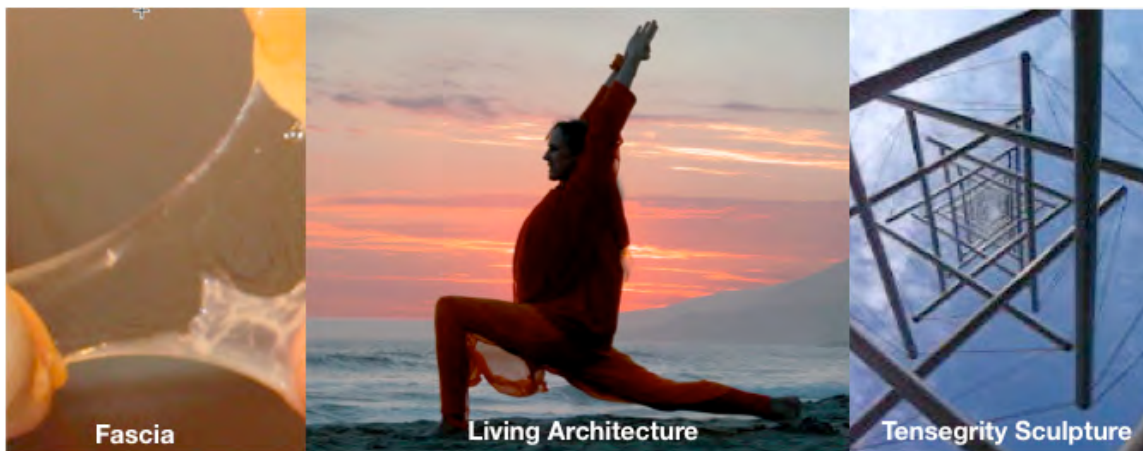

Anatomy Trains™ for Yoga

Carrie Gaynor • Atlantic Yoga Conference • Halifax, Nova Scotia • April 17-19, 2009





Superficial Front Line



Superficial Back Line

Lateral Line



Kind appreciation to Kali Ray of TriYoga for her permission to use her photographs in these hand outs.

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