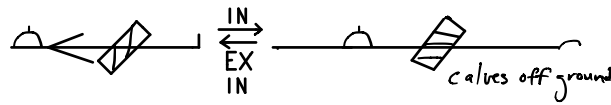
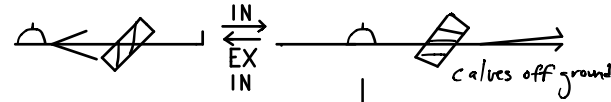


Healing Legs & Feet Practices & Principles

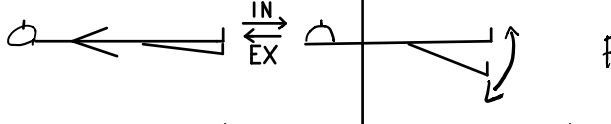
Tadākamudra



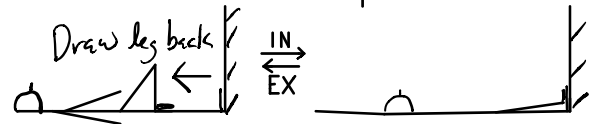
For knees & ankles



For knees & ankles

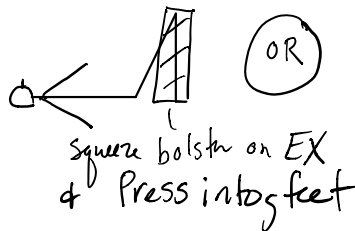


For inner/outer hip strength
For knees, hips & lower back stability

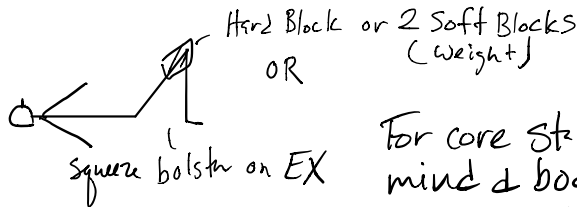


For knee ROM ~ tracking of knees
OA: Osteoarthritis
"Motion is lotion" - Vyāsa Yoga
- Circulation

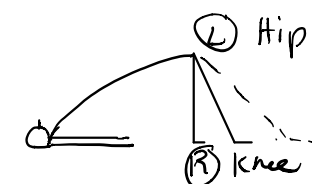
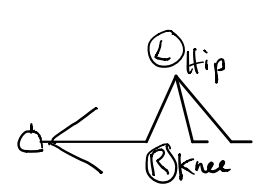
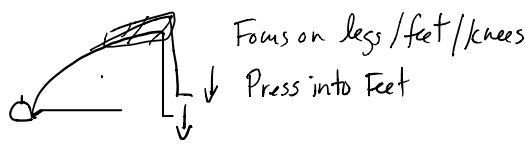
Dvipādāpitham



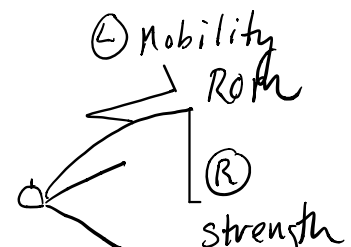
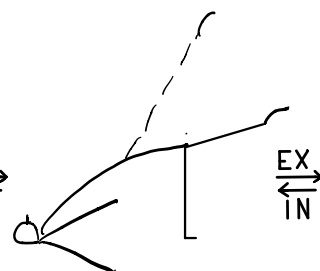
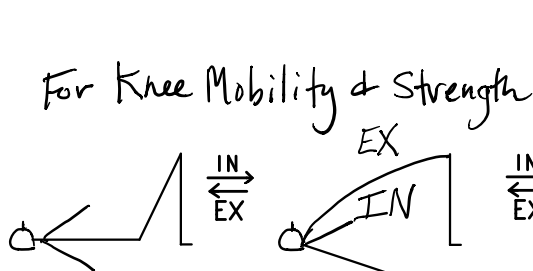
For knees/hips/ lower back strength



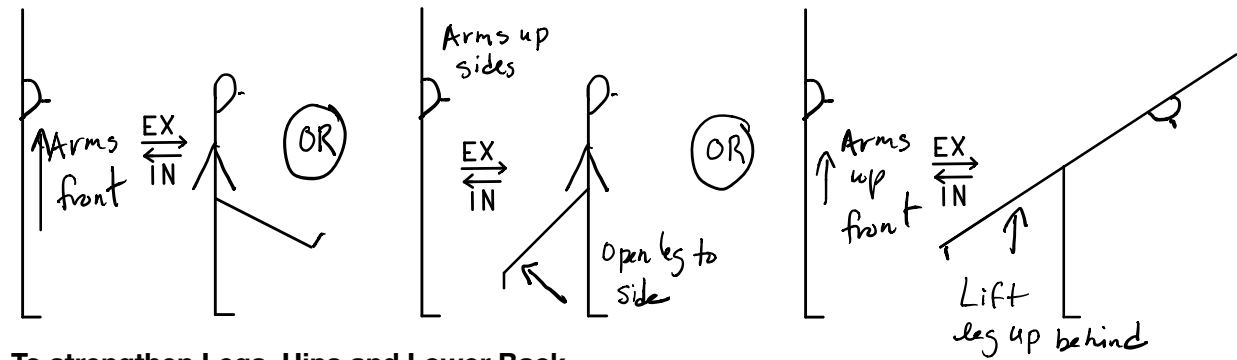
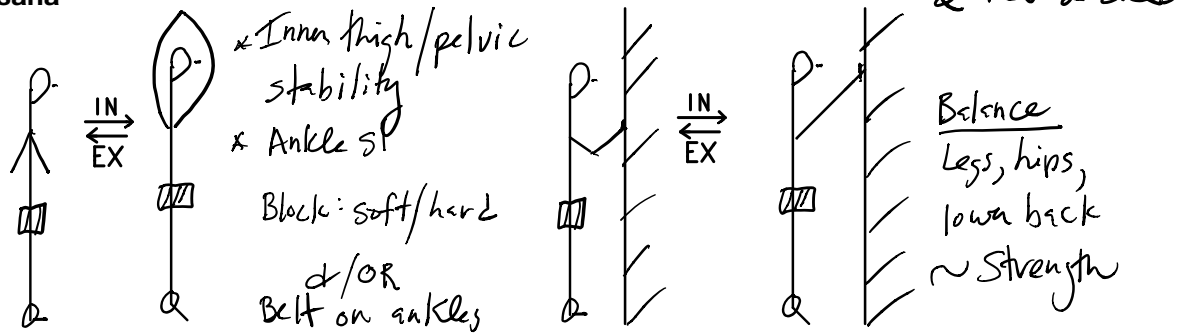
For core stability of mind & body
For inner thighs, "mula" line
Root/Apāna



OR Opposite Feet

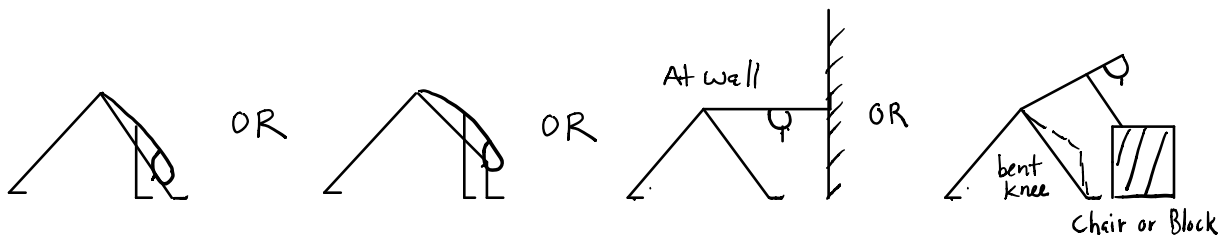


Tadāsana

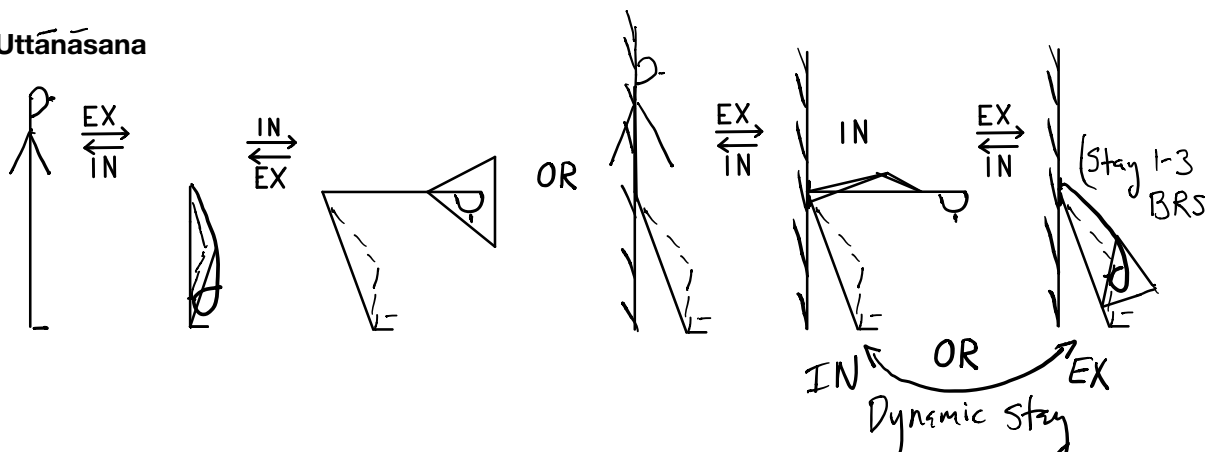


To strengthen Legs, Hips and Lower Back

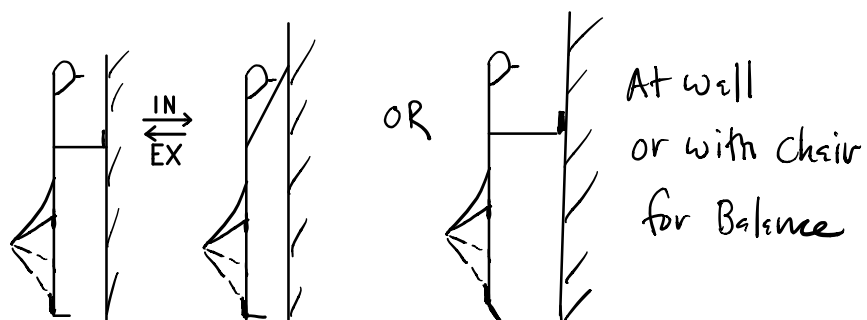
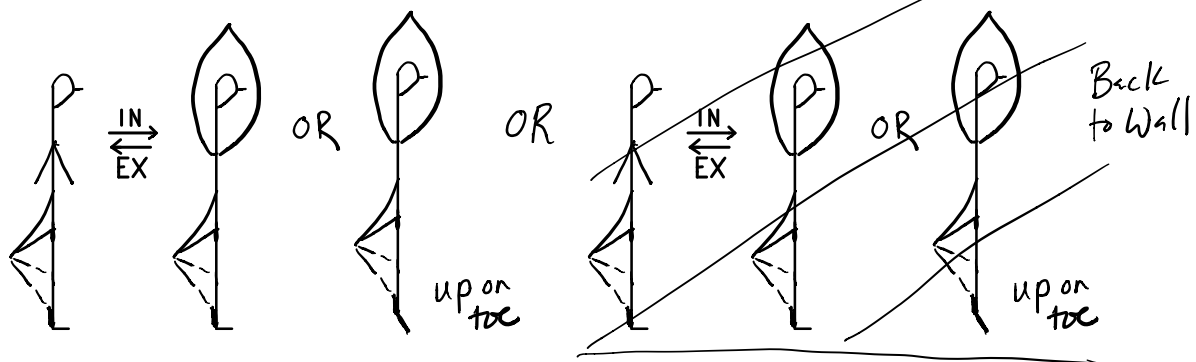
Parsva Uttānāsana



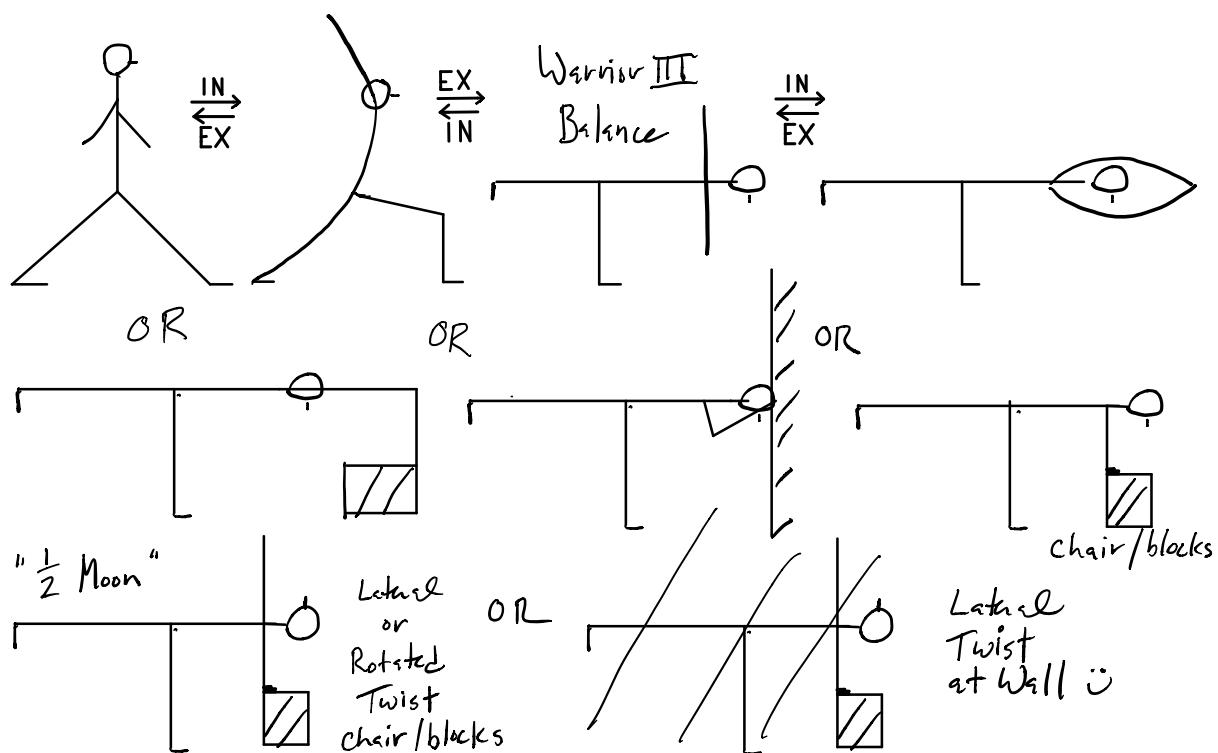
Uttānāsana



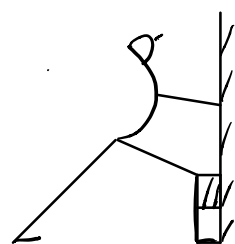
Bhagirathāsana/Vrksāsana - Tree Pose



Virabhadraśana Variations for Balancing

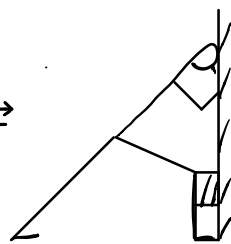


Virabhadra'sana Leg Stretches

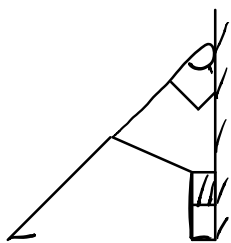


Block at knee
at wall

EX
IN

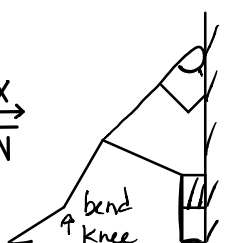


Back foot parallel to front
Stretch calf

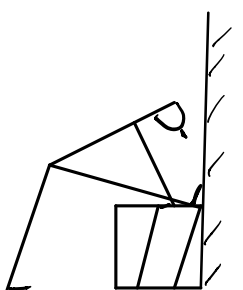


Gastrocnemius
Big Calf Muscle

EX
IN

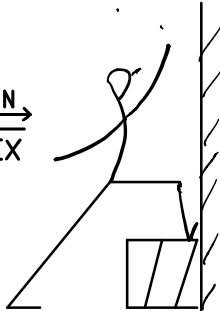


bend
knee
Soleus
Smaller/deeper calf muscle

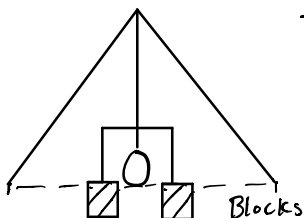


Hamstring stretch

IN
EX



Prasarita Pada Uttanasana



Blocks

To stretch legs ~ neutral spine needed to get into legs

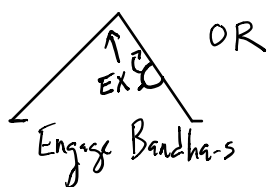
OR Ardha ($\frac{1}{2}$) at wall or with chair

IN: Extend legs/back
EX: Bend Knees

Extend back to stretch legs

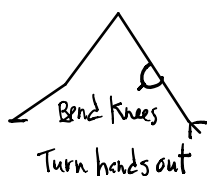
Adhomukha Svānāsana

Stretch legs/calves



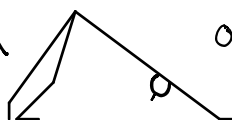
Engage Bandha-s

OR



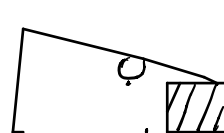
Bend Knees
Turn hands out

OR



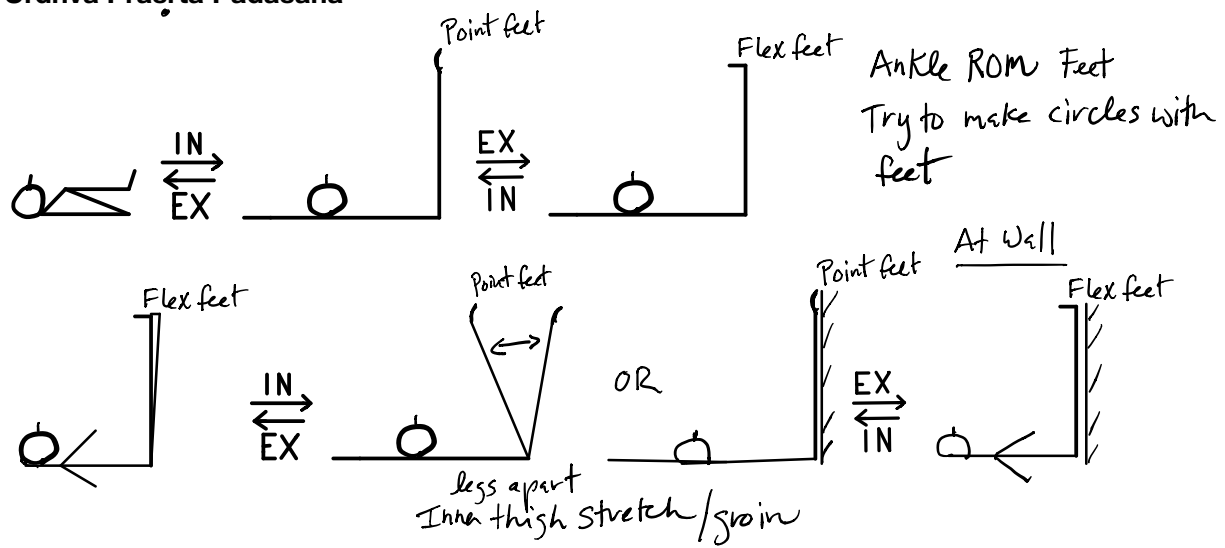
Peddle Feet

OR



Use Chair / blocks under hands

Ūrdhva Prasṛta Pādāsana



Supta Pādānguṣṭhāsana Variations with a Belt or Classical w/o belt

Leg/ankle/foot stretches

