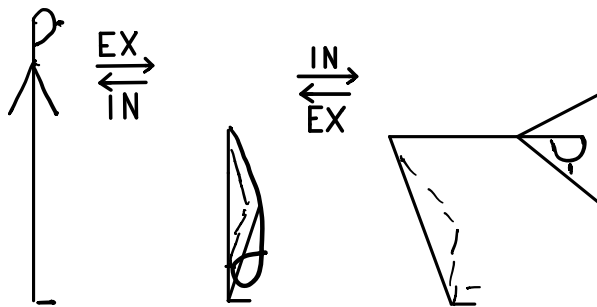


Samasthi/Tadāsana



Try w/ cows arms with Belt

Belt

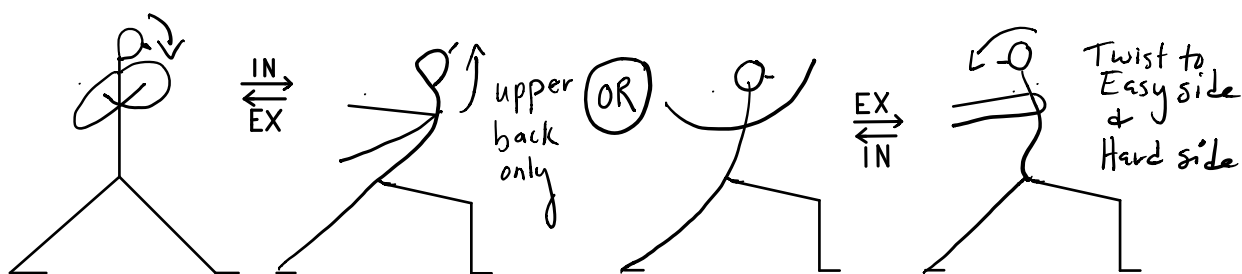
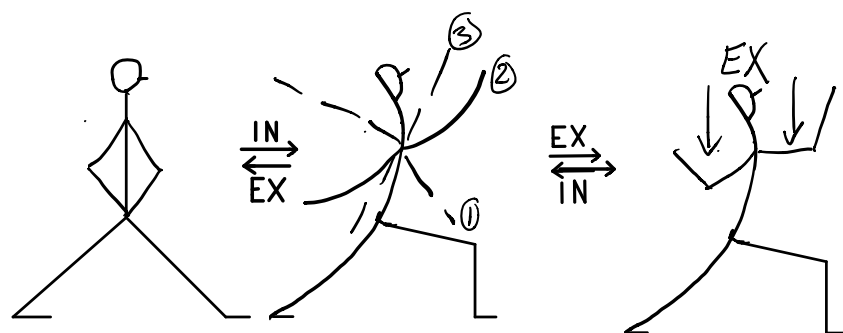
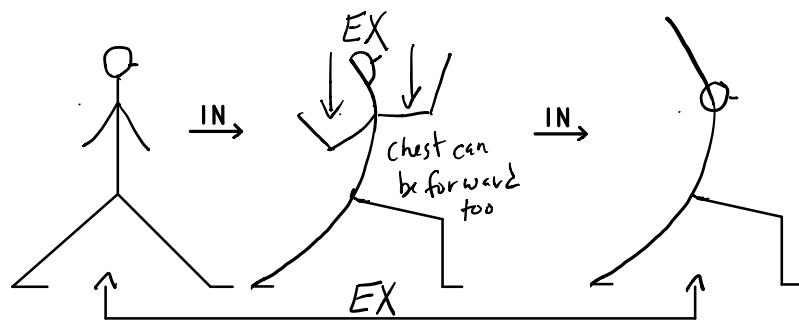
IN EX

EX IN

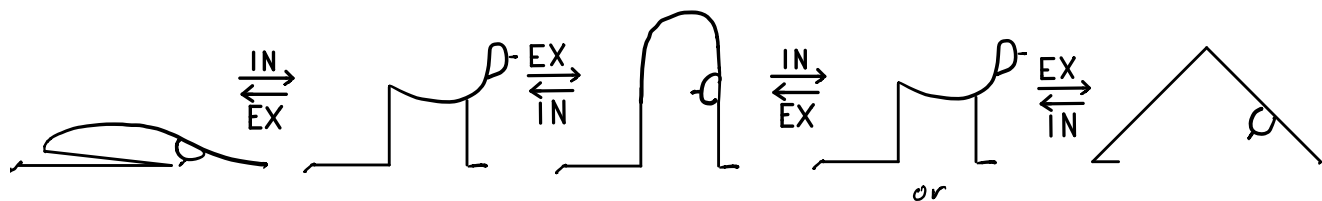
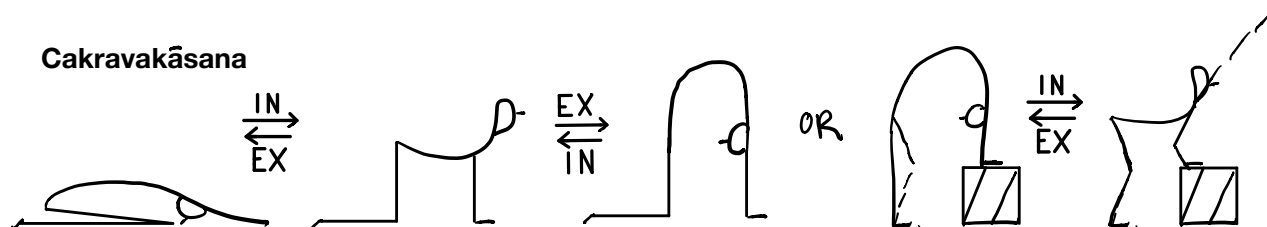
OR

IN EX

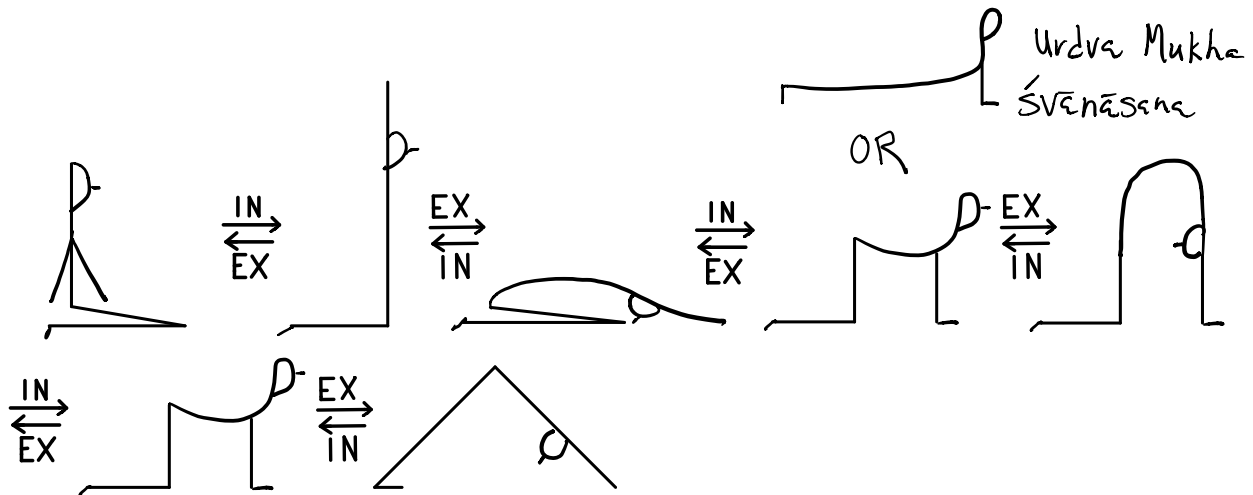
① ② ③



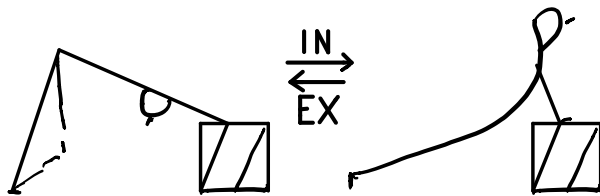
Cakravakāsana



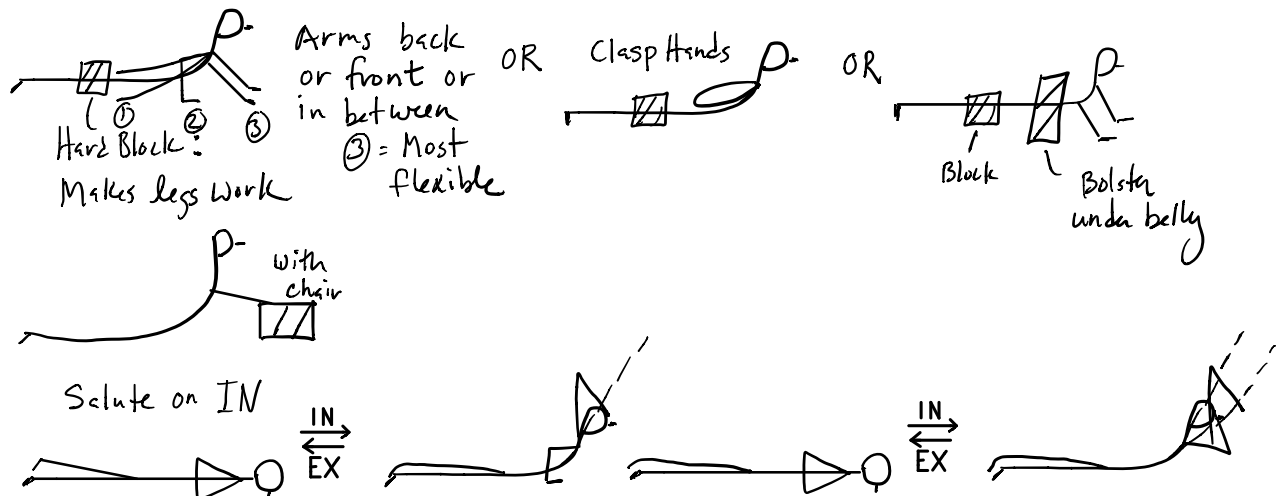
Prithivi Namaskāram



Chair Ūrdhva Mukha Śvānāsana with Adhomukha Śvānāsana: Upward/Downward Facing Dog

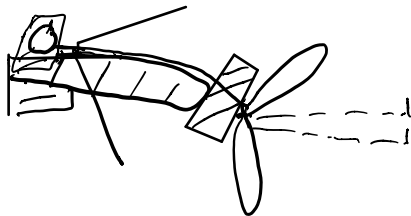
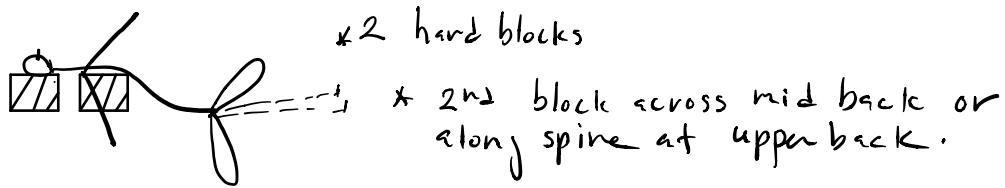


Bhujangāsana



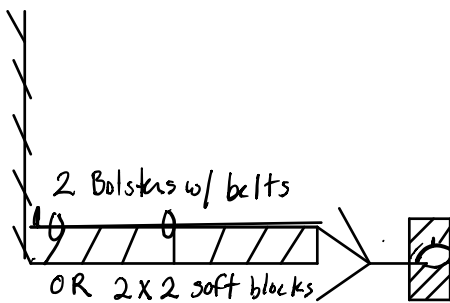
Restorative Back Arches

Matsyāsana - Fish

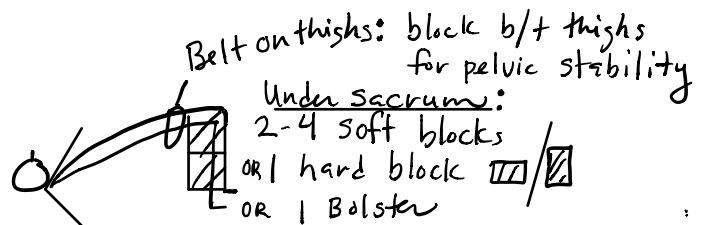


Big Chest Opener

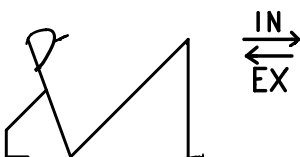
Setubandhāsana



OR



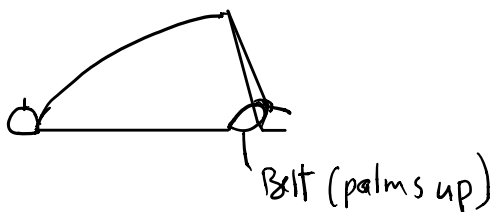
Catuspāda Pītham

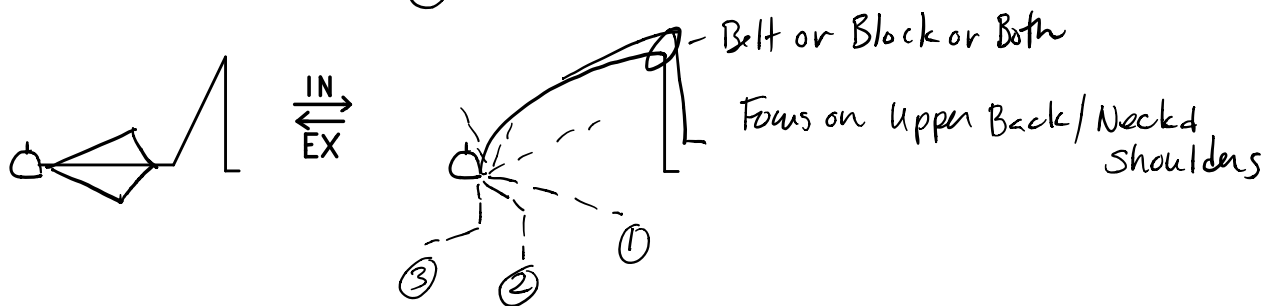
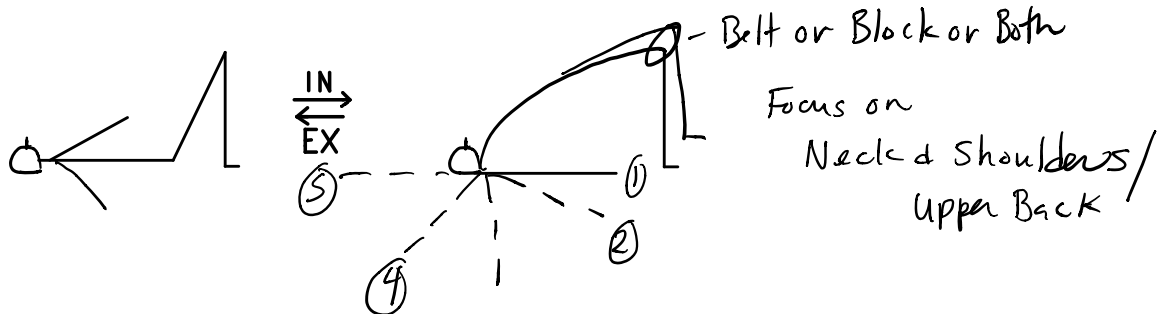
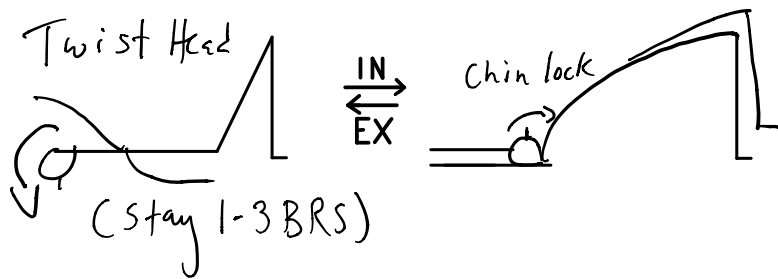


Shoulder Loop & open chest

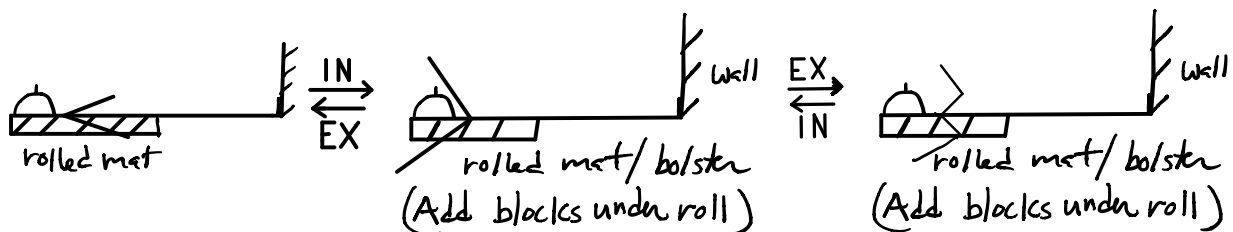
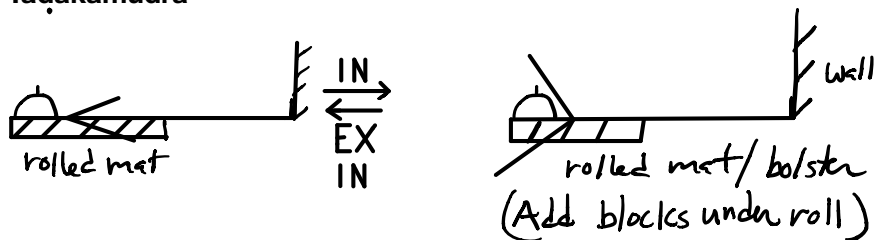


Dvipādapītham



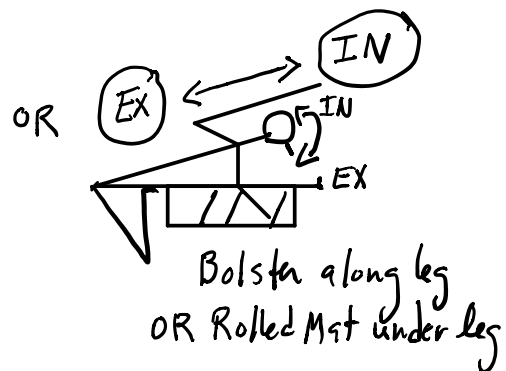
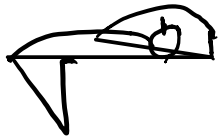


Tadākamudrā



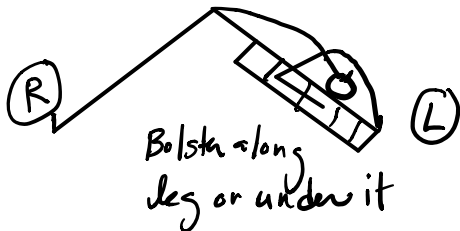
Jānuśīrṣāsana (Pārśva)

Parśva (side)



Upaviṣṭa Koṇāsana (Pārsva)

Parśva (side)



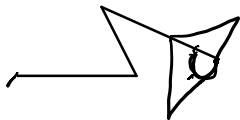
Child's Pose - Balāsana or Adhomukha Supta Vajrāsana



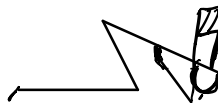
OR



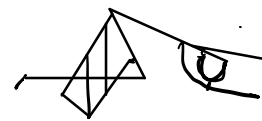
Add blocks
under arms/head



OR

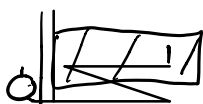


Block
or

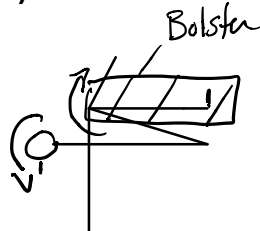


Bolster/blocks

Jathara Parivrtti (Parivrtti)



IN
←
EX

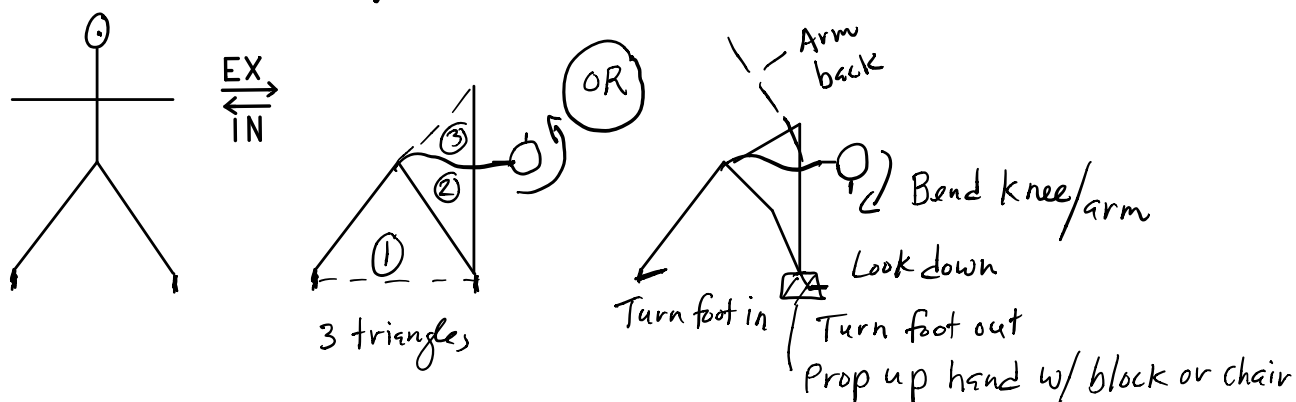


Bolster

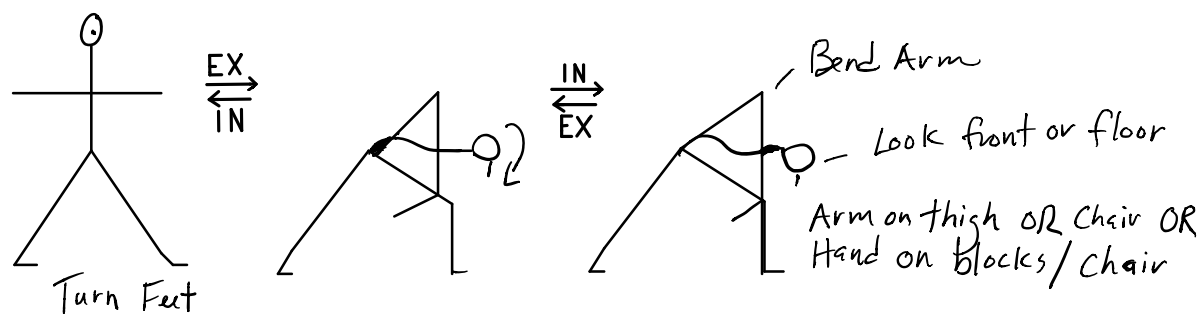
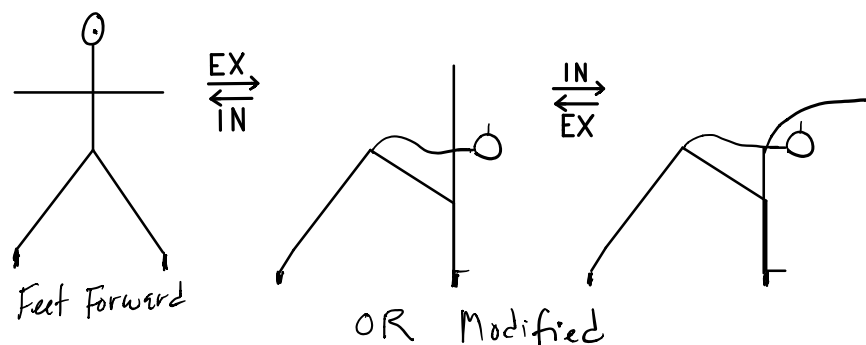
Sundail arms open across chest
OR overhead

Fetal Position with Bolster

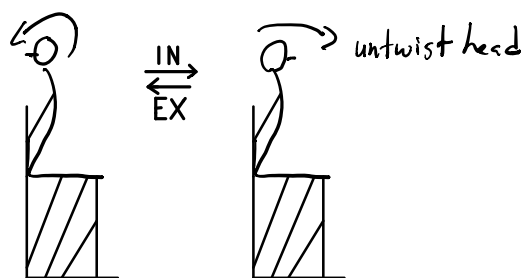
Utthita Trikonāsana (Parivṛtti)



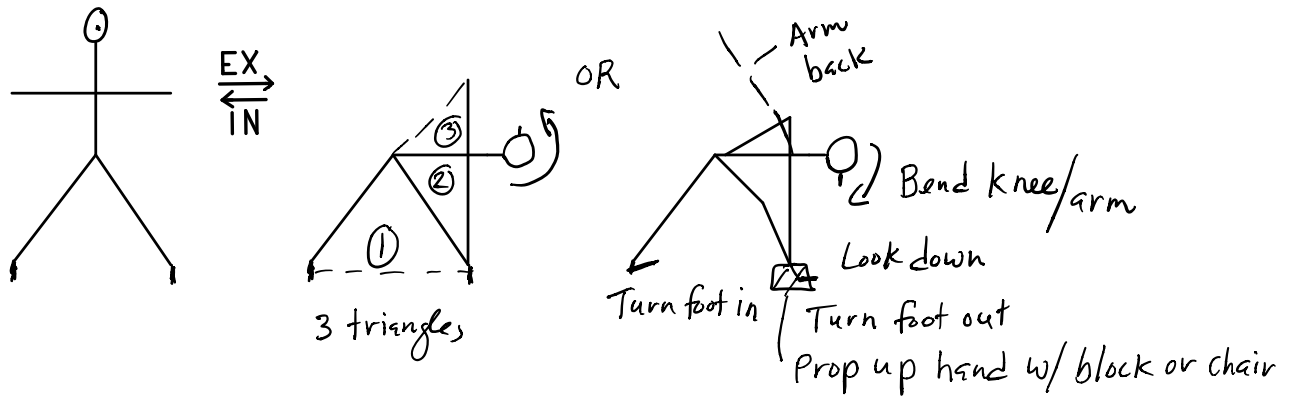
Utthita Pārsvakonāsana (Parivṛtti) - Standing Side Angle Pose (Rotated)



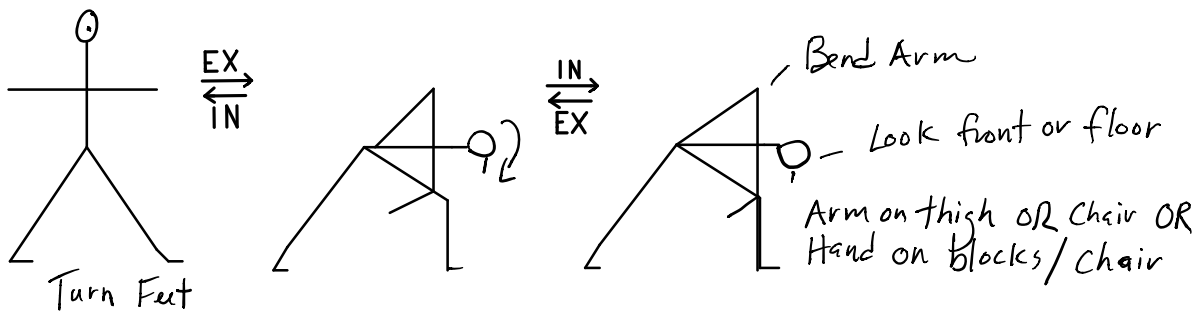
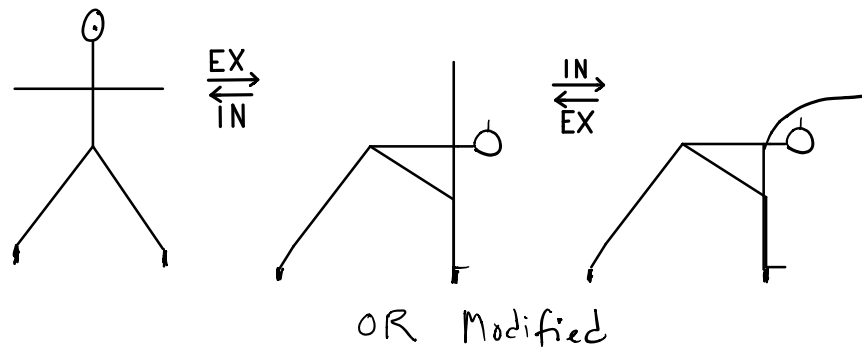
Ardha Matsyendrāsana



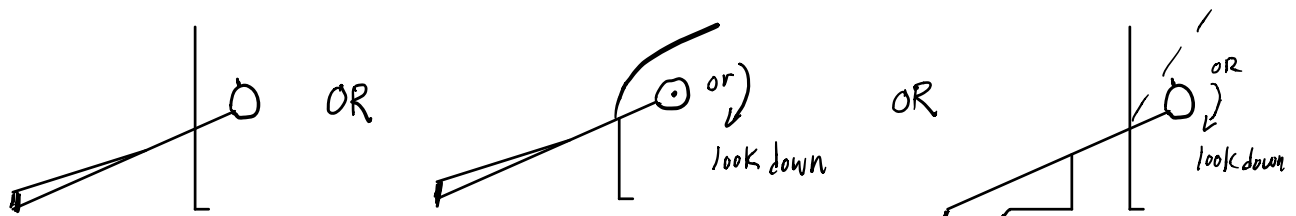
Utthita Trikonāsana (Pāśva)



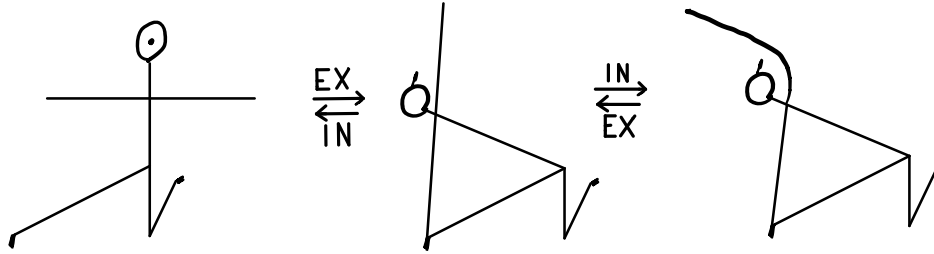
Utthita Pāśvakonāsana



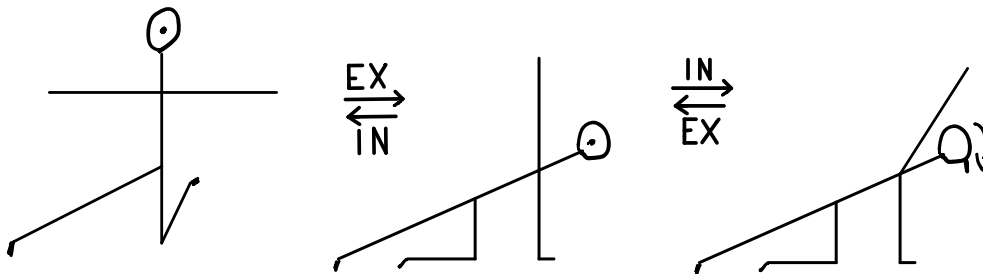
Vasisthāsana - Side Plank



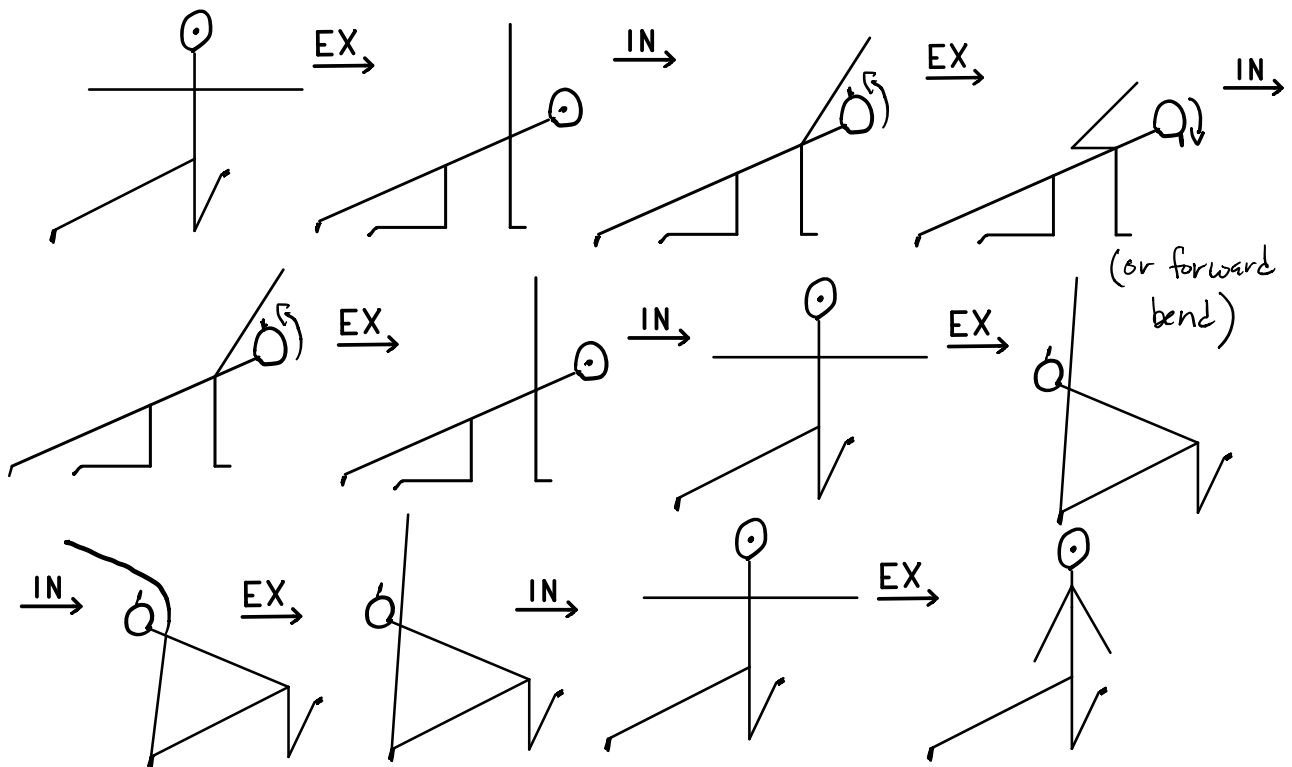
Parighāsana - Gate Keeper Pose



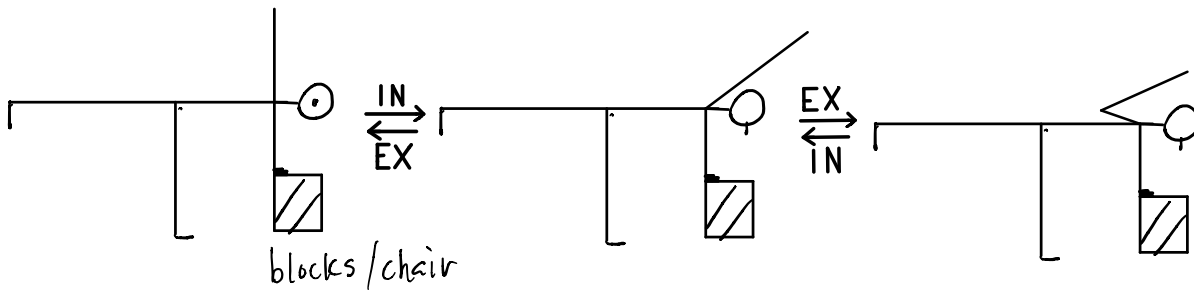
Vasisthasana Vinayasa - Side Plank Flow



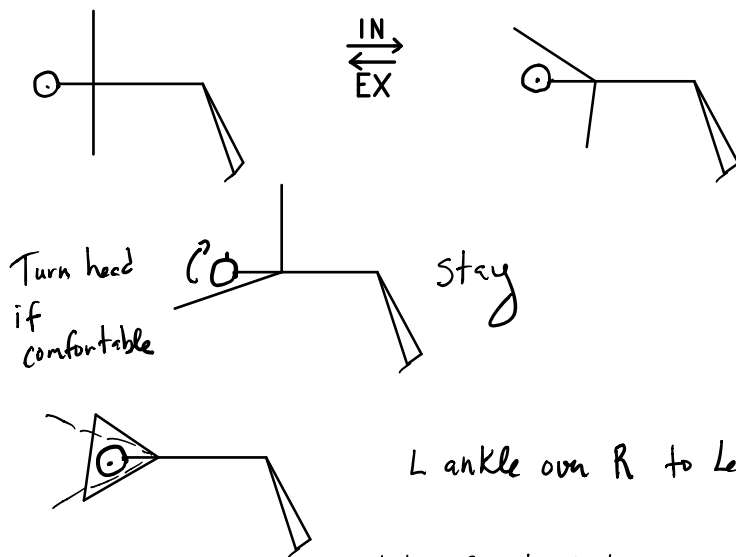
Vasiṣṭhasana & Parighāsana Viñyāsa - Side Plank Flow



Ardha Candrāsana - Half Moon



Jatāhara Parivṛtti (Pārsva)

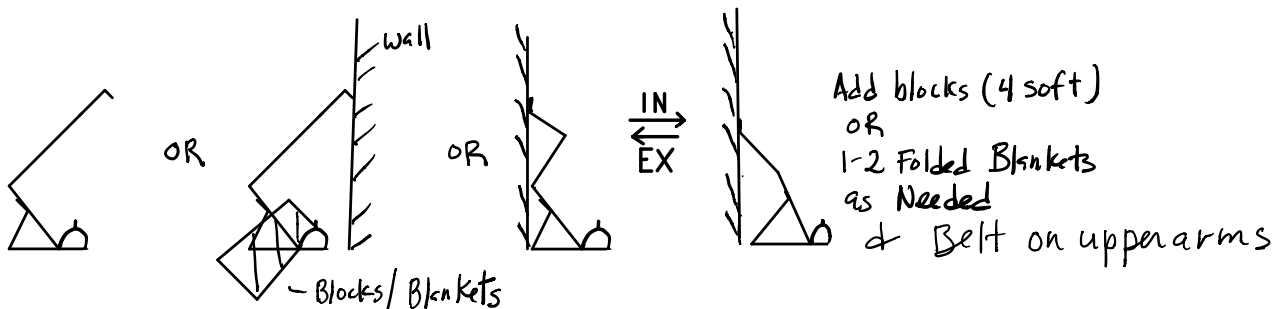


Add blankets/blocks under head/shoulders as needed

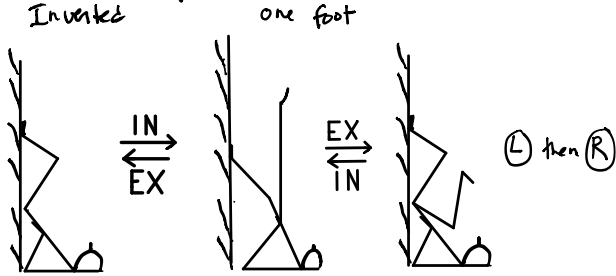
Booster for tight hamstrings / LB Pain ~ Lordosis (Sway Back)
OR for disabilities e.g. spasticity in legs

L ankle over R to Left side OR Reverse

Viparītakarāṇī

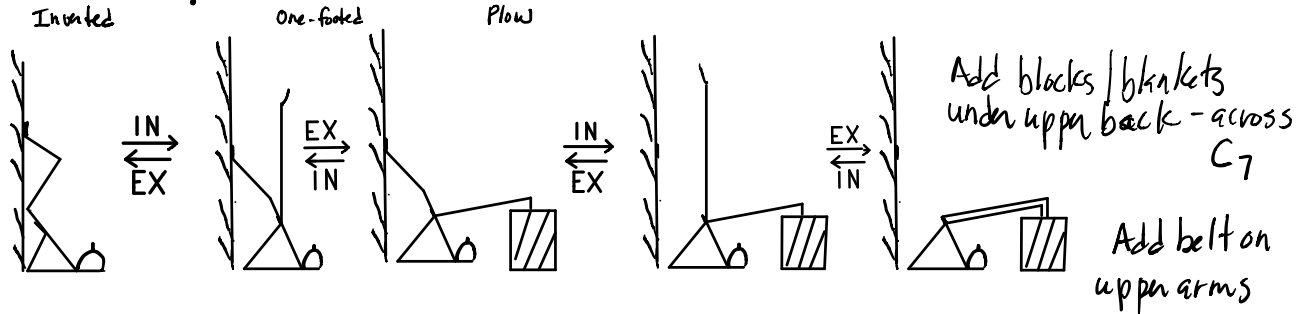


Viparītakaraṇi with Ekapāda (Ākuñcanāsana)



Add blocks (4 soft)
OR
1-2 Folded Blankets
as Needed across shoulders / C7 (neck)
+ Belt on upper arms

Viparītakaraṇi with Ekapāda & Halāsana



Nerve Flossing: Ulnar, Radial & Median Nerves

https://en.m.wikipedia.org/wiki/Ulnar_nerve#/media/File%3ABrachial_plexus_2.svg

They originate from the brachial plexus, carrying fibers from the spinal nerves C5, C6, C7, C8 & T1

