

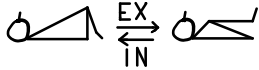
Pascimatana - Forward Bends

Apānāsana

Classical



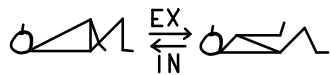
Regular Vinyāsa



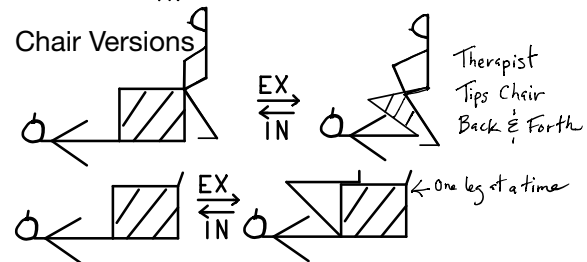
Legs Apart/Legs in Circles



Eka Pāda (One legged)/Same hand as leg or opposite

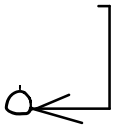


Chair Versions

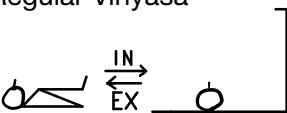


Urdhva Prasṛta Padāsana

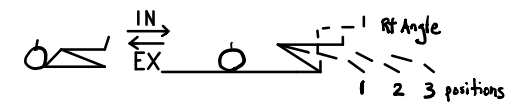
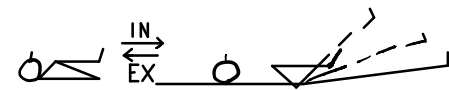
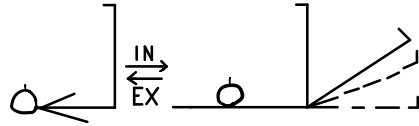
Classical



Regular Vinyāsa

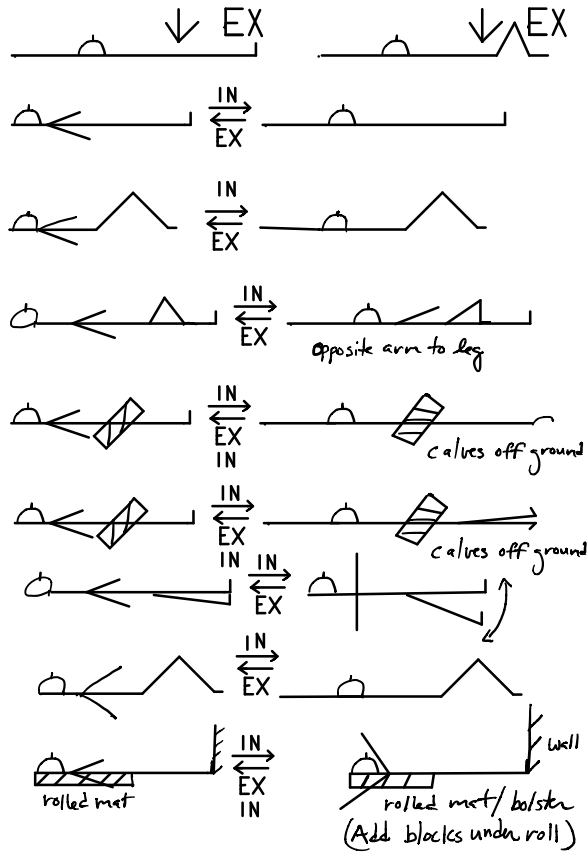


Core (Bandha) Versions

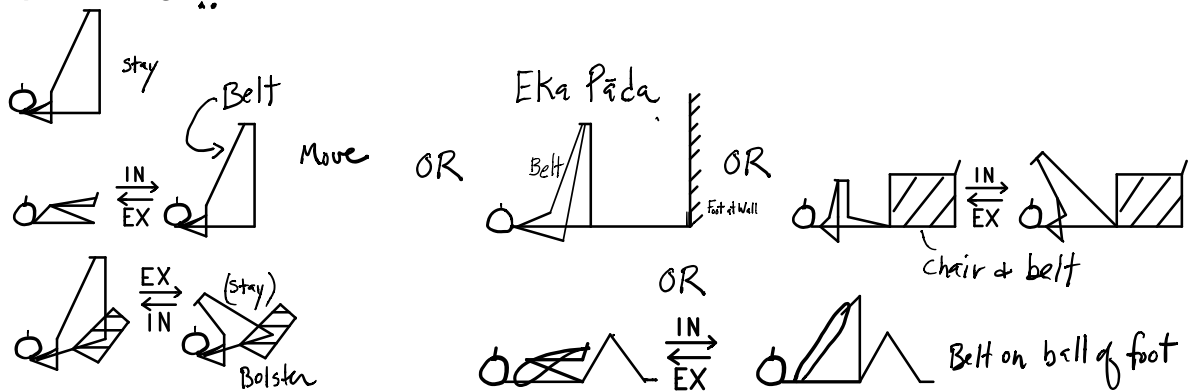


Tadākamudra

Classical - Engage Bandha-s on Exhale (EX)

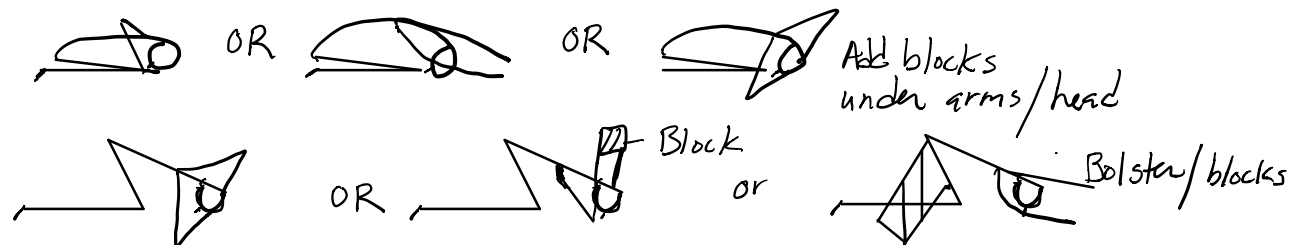


Supta Pādāṅguṣṭhāsana Variations with a Belt or Classical w/o belt



Transition Poses - Kneeling

Child's Pose - Balāsana or Adhomukha Supta Vajrāsana

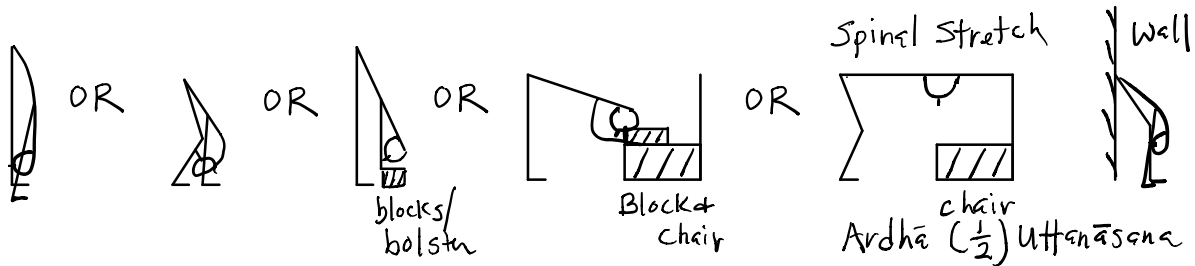




Standing Poses

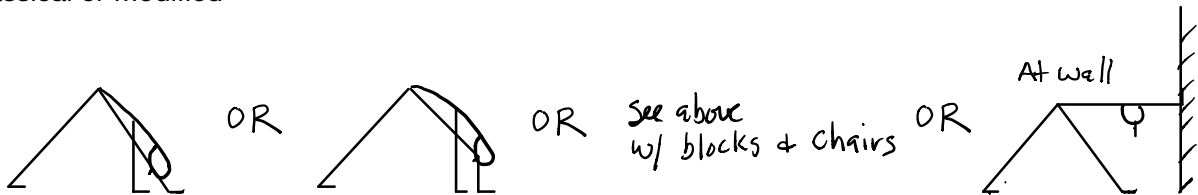
Uttanāsana - Standing Forward Bend

Classical or Modified



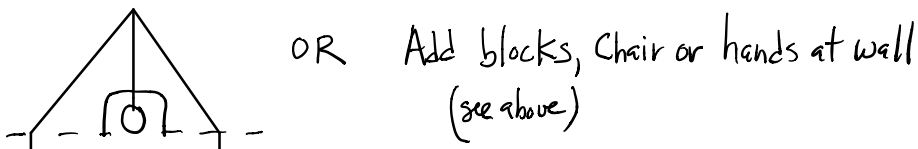
Parsva Uttanāsana - One-Sided Standing Forward Bend

Classical or Modified

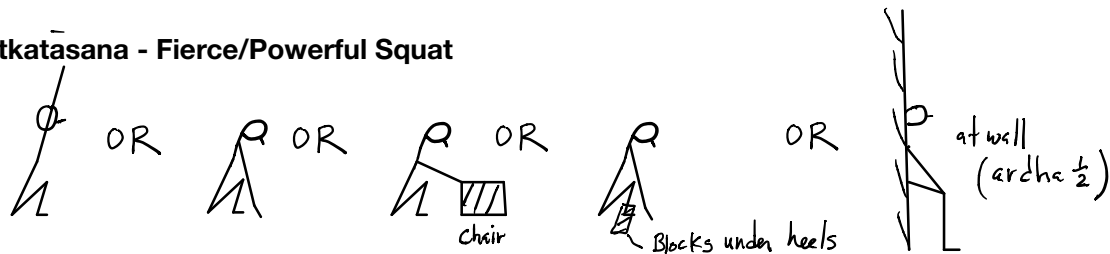


Prasārita Pāda Uttanāsana - Spread-Legged Standing Forward Bend

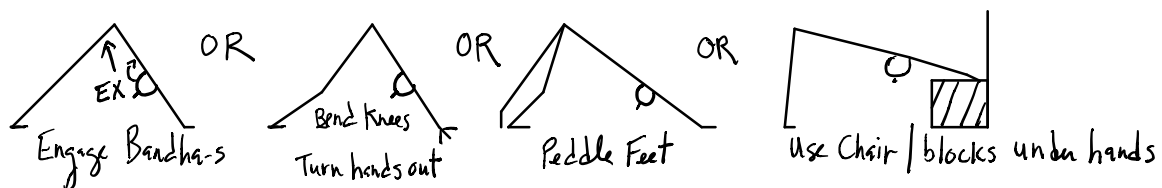
Classical or Modified



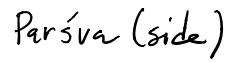
Utkatāsana - Fierce/Powerful Squat



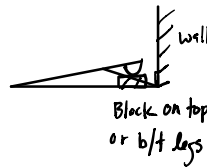
Adhomukha Śvānāsana



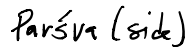
Jānuśīrṣāsana -Head to Knee Pose



Paścimatānāsana - Seated Forward Bend - Stretching the West/Back Body



Upavista Konāsana



Bolster along
leg or under it