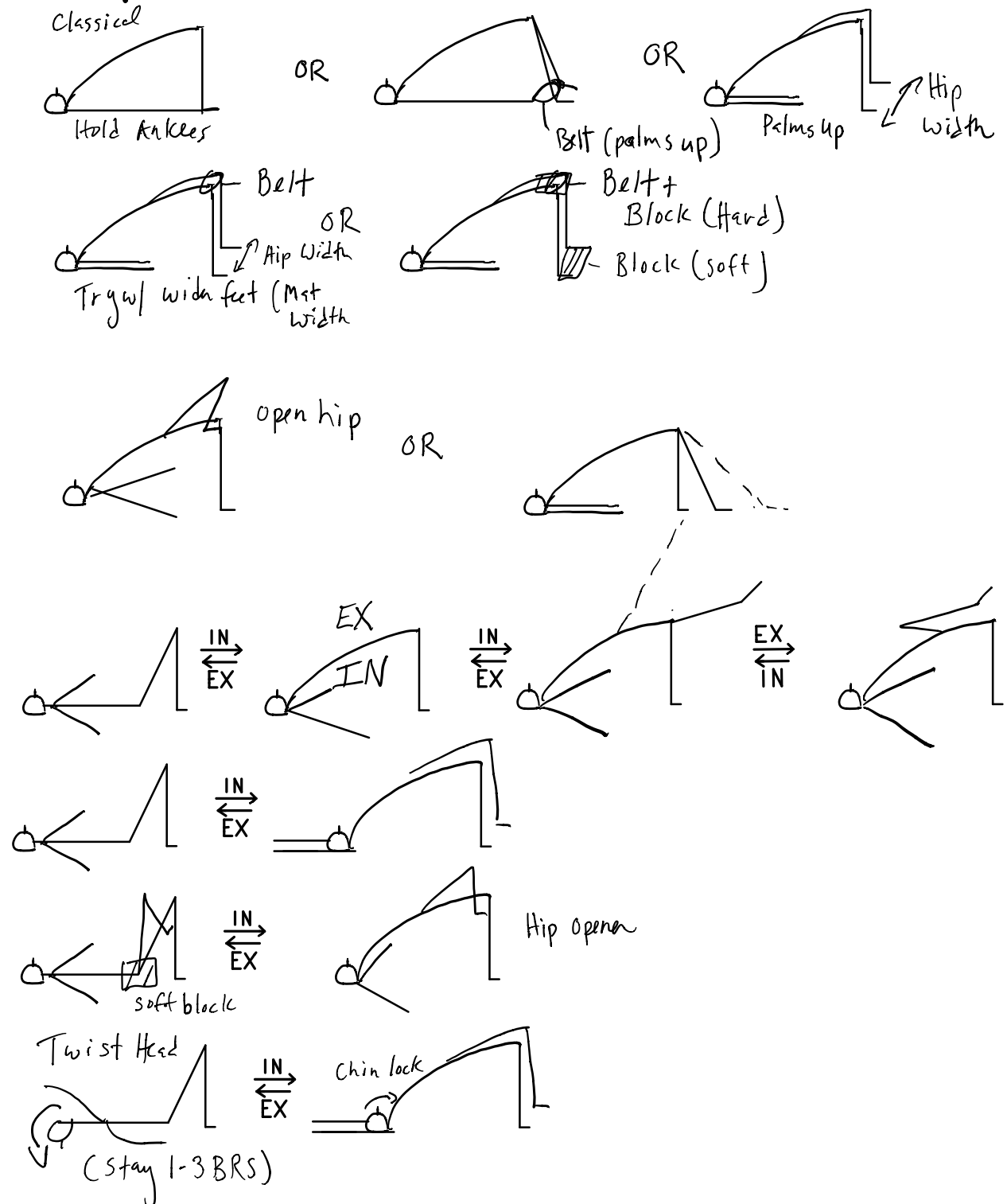
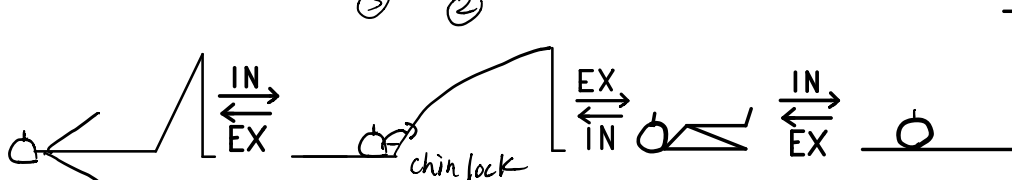
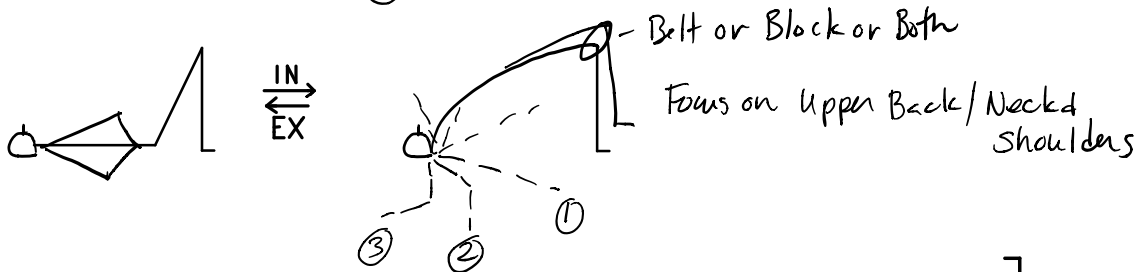
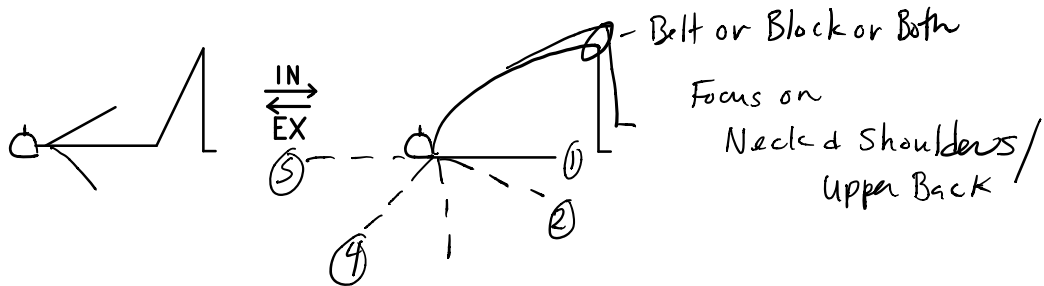
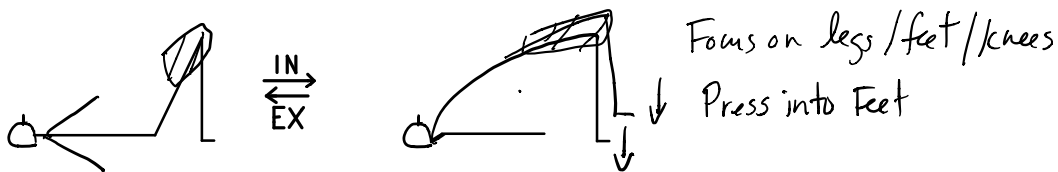
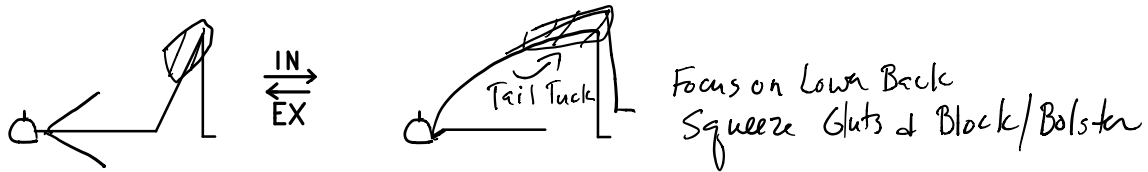
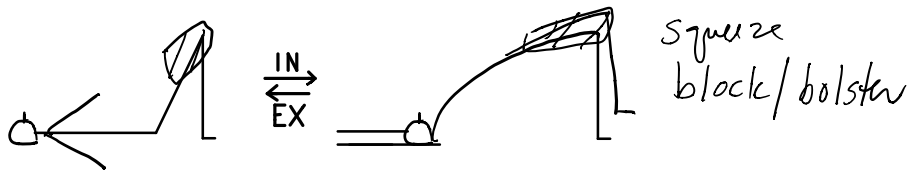
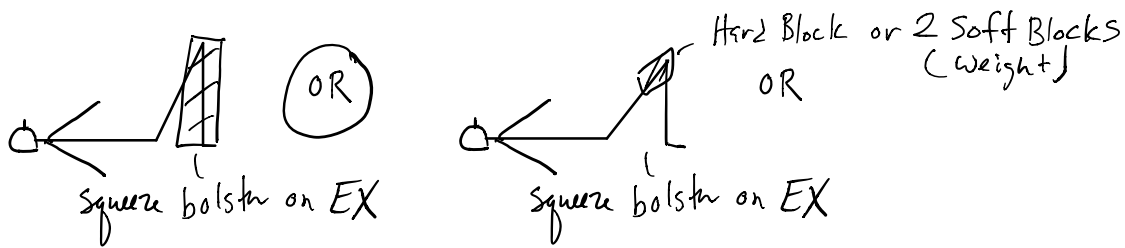


Purvātana: Back Bends/Arches - Stretching the Front Body/The "East"

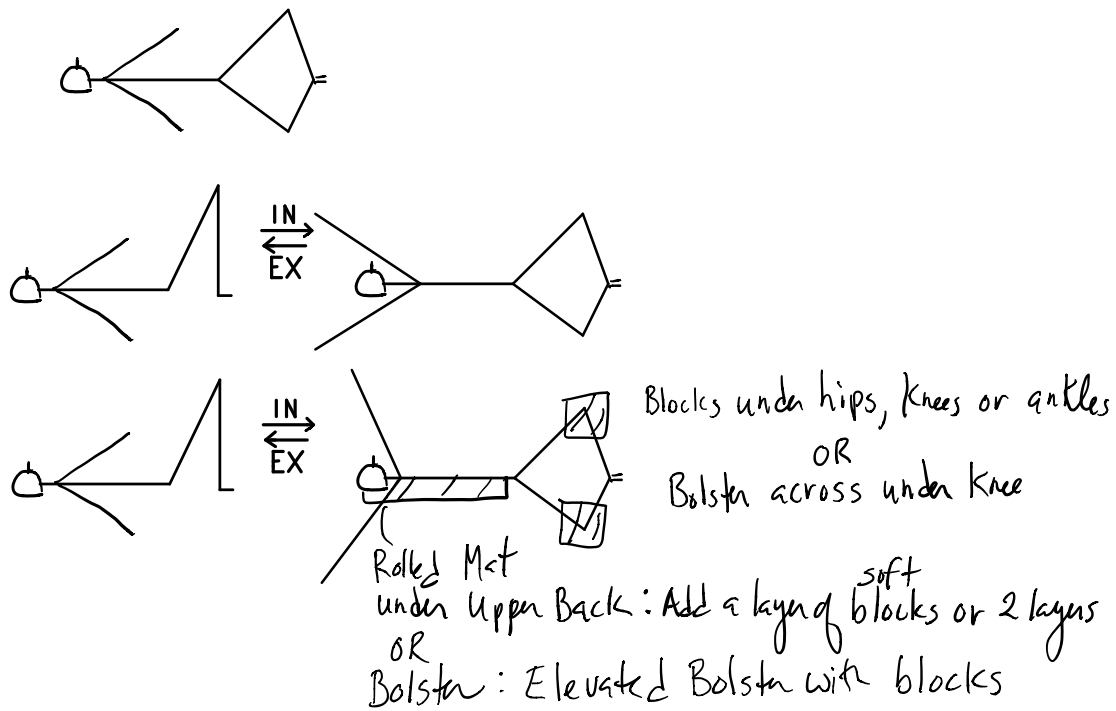
Supine Poses

Dvipāda Pītham - Bridge - Two-Footed Stool



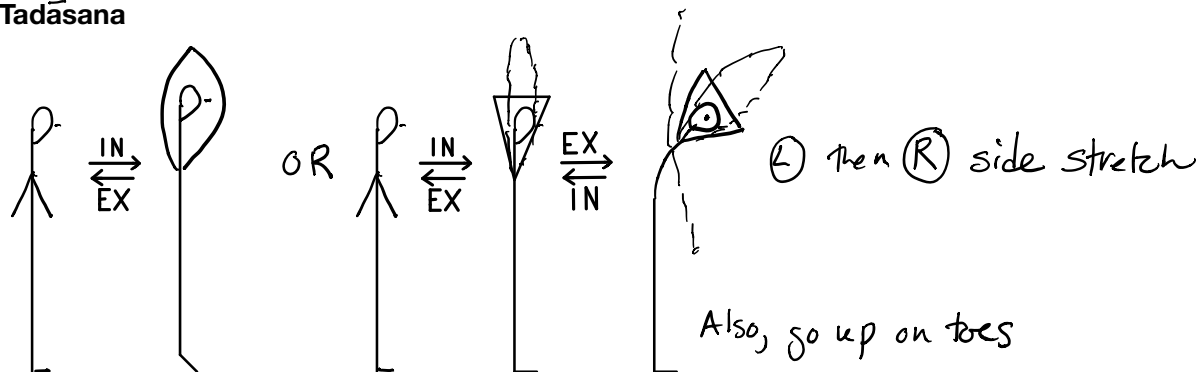


Supta Baddha Konāsana

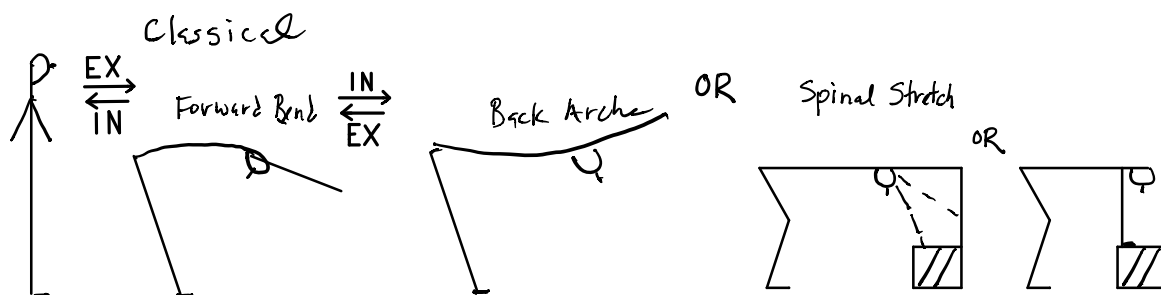


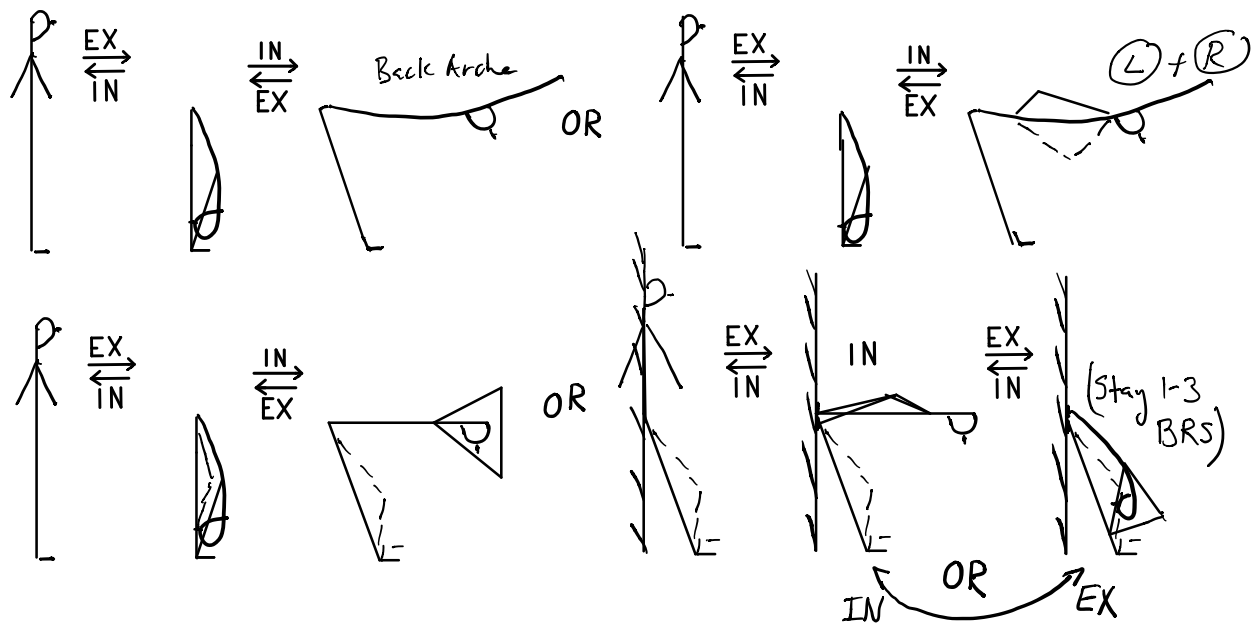
Standing Poses

Tadāsana

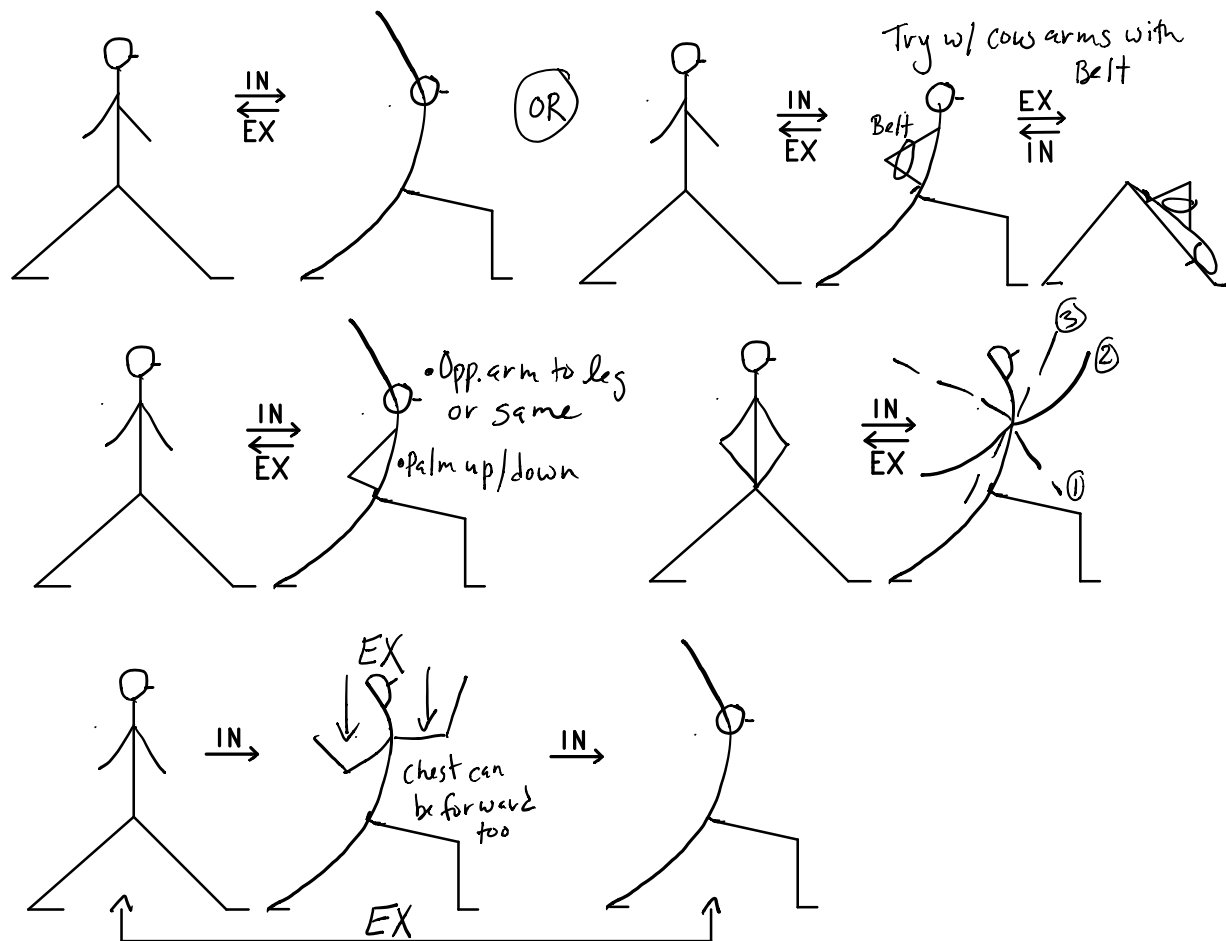


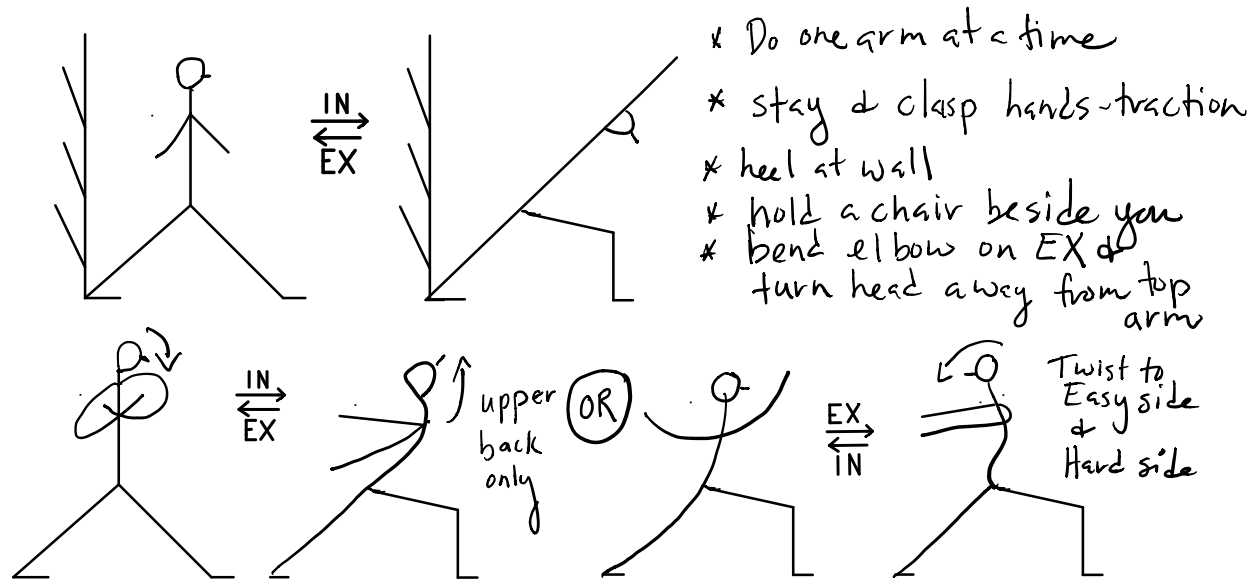
Ardha Uttānāsana



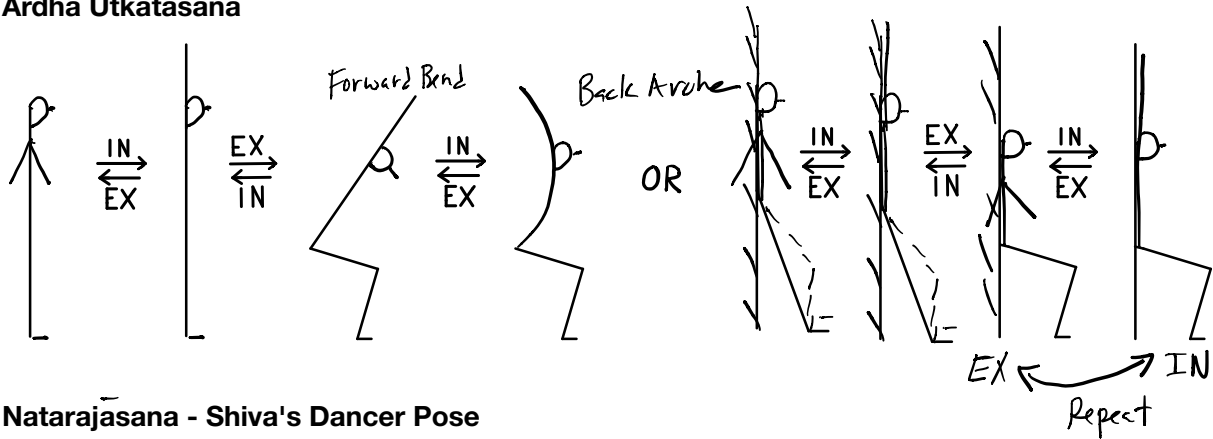


Virabhadrasana

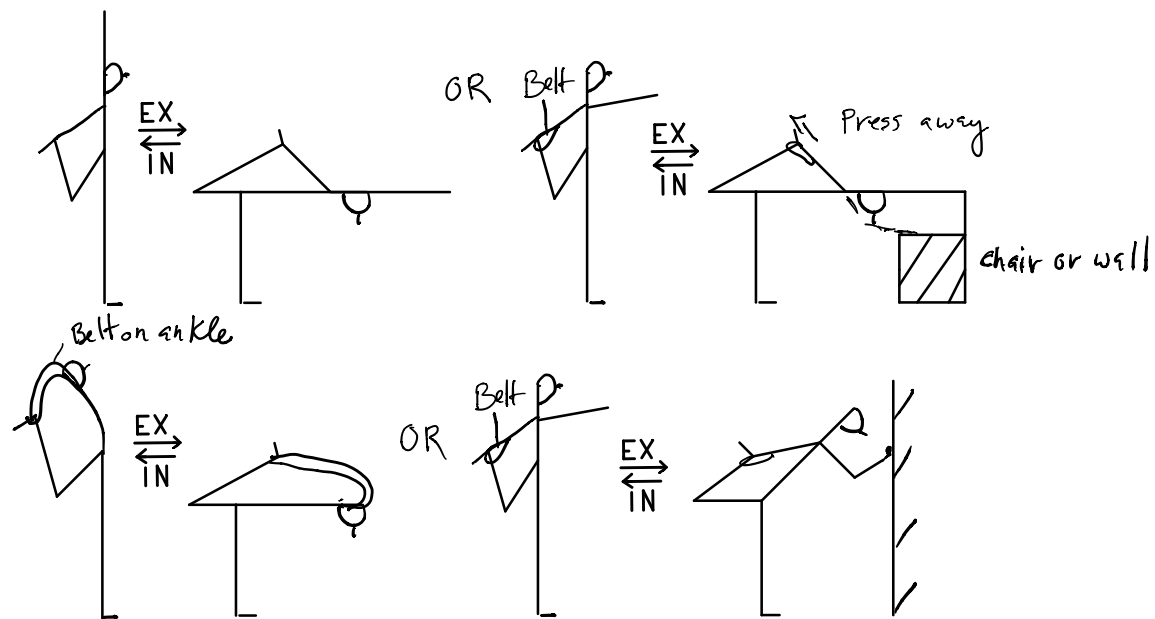




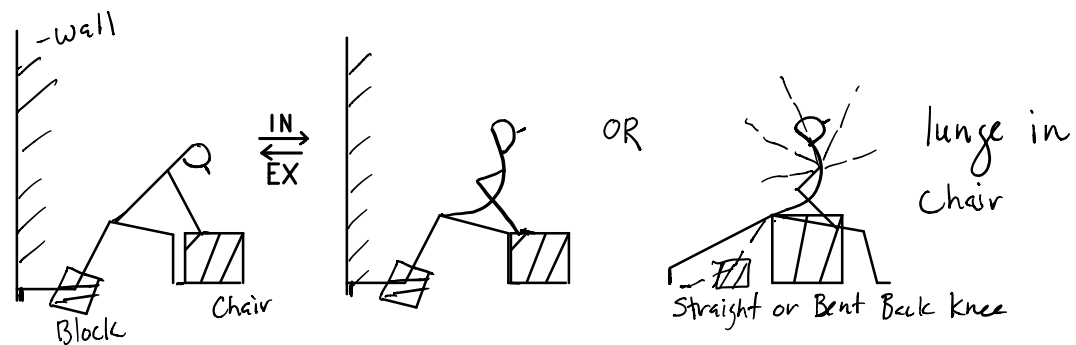
Ardha Uttāṣana



Natarajāsana - Shiva's Dancer Pose



Ekapāda Rajakapotāsana - Modified King Pigeon or Ekapāda Ustrāsana - One sided Camel

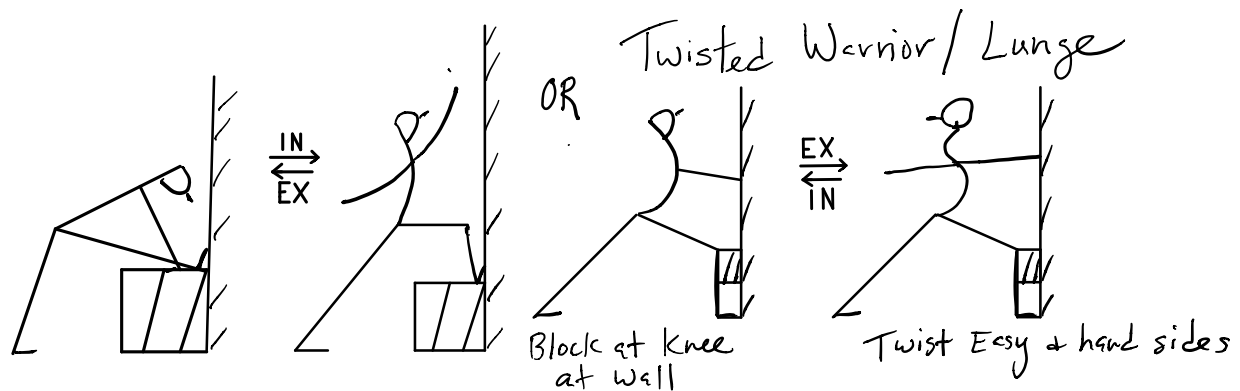


Chair Lunges at Wall

The diagram illustrates two variations of chair lunges performed against a wall. On the left, a person is in a lunge with their back to the wall, labeled 'IN'. On the right, a person is in a lunge with their front foot against the wall, labeled 'EX'. A double-headed arrow between the two diagrams indicates the transition between the two positions.

IN
EX

Opposite Arm to
Front Leg or Same
or both arms up or down



Cakravakāsana

Prithivi Namaskāram - Earth Salutation

Urdva Mukha Śvānāsana

IN
EX

EX
IN

IN
EX

EX
IN

IN
EX

EX
IN

IN
EX

EX
IN

 OR Do Sun Salutation with Chair

Bhujangāsana: Cobra

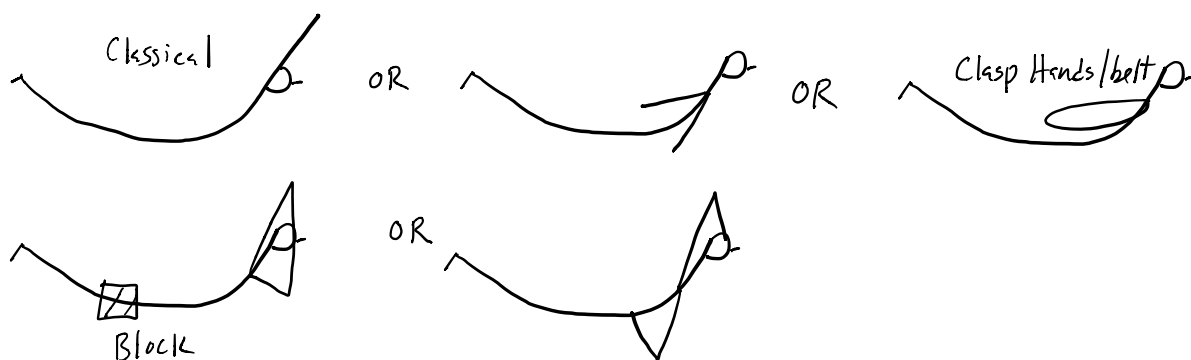
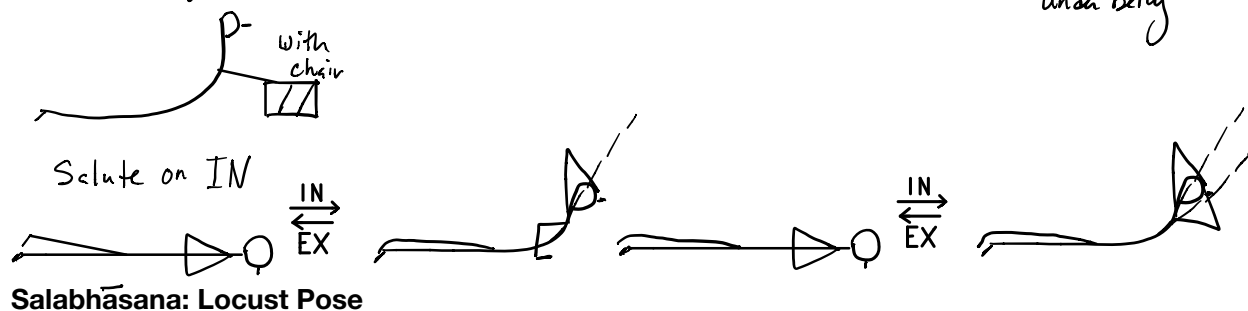
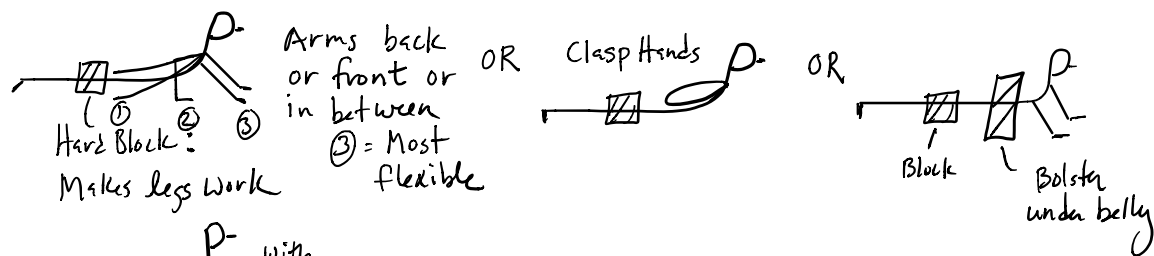
Classical

OR

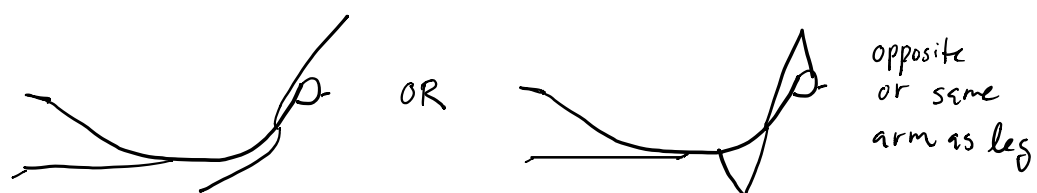
Relax knees

IN
EX

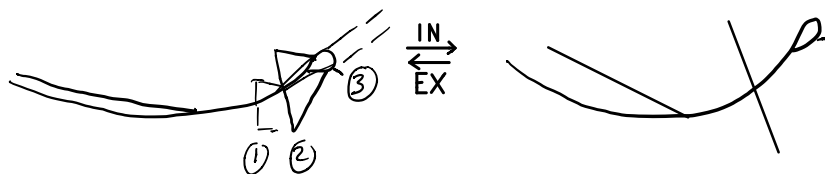
Straighten legs



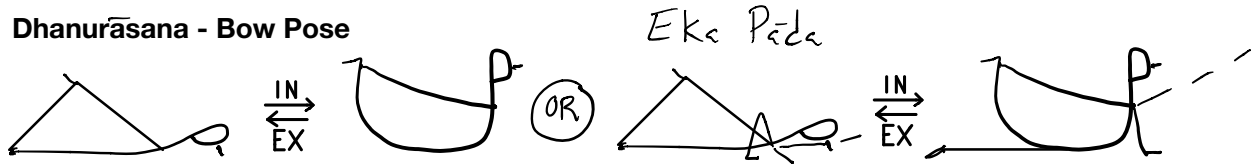
Ardha Salabhasana: Half Locust Pose



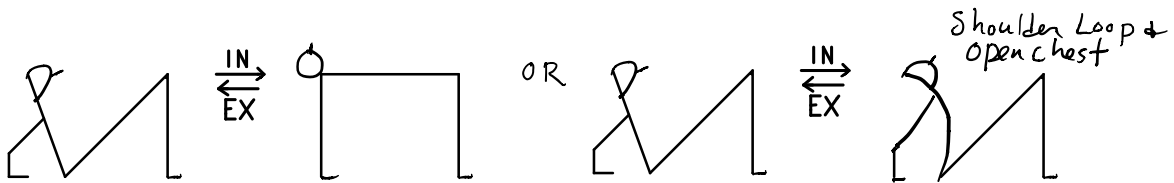
Vimanāsana- Airplane - See Kraftsow's Yoga for Wellness



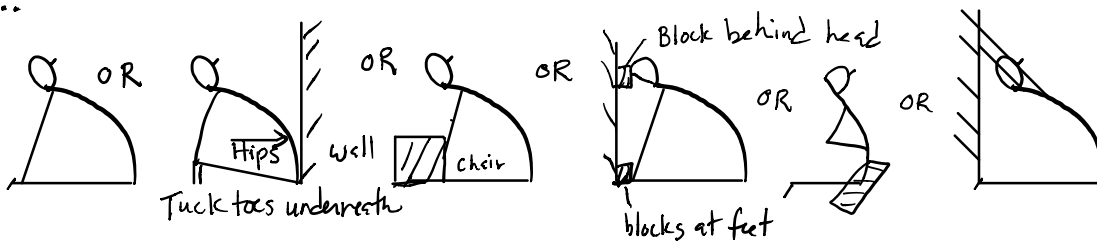
Dhanurāsana - Bow Pose



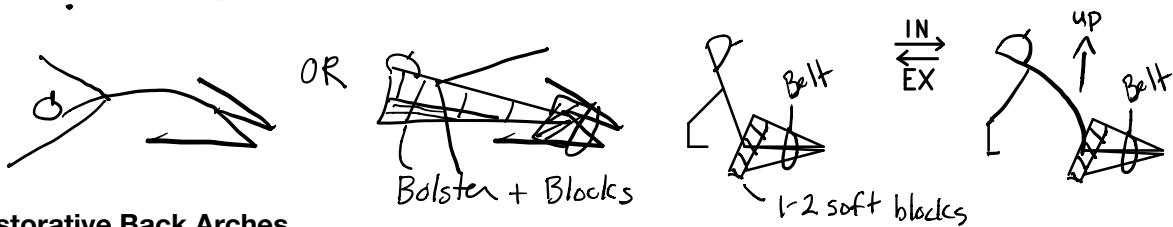
Catuspāda Pitham



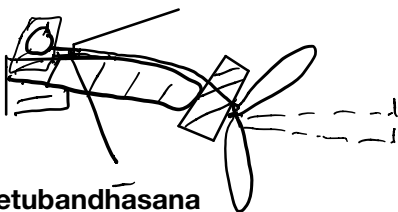
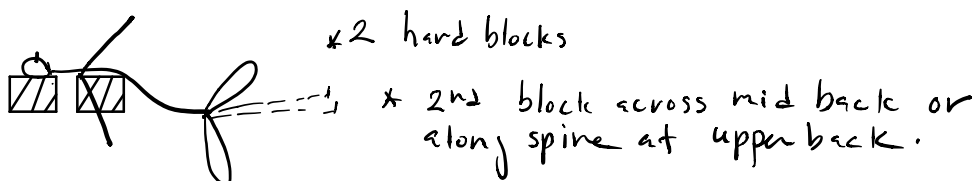
Ustrāsana: Camel Pose



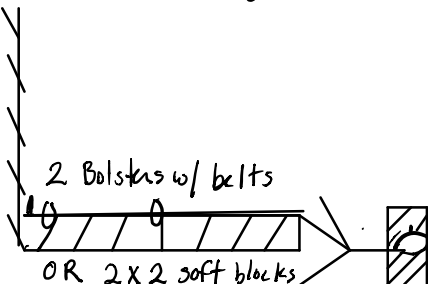
Supta Virāsana : Supine Hero's Pose



Restorative Back Arches Matsyāsana - Fish



Setubandhasana



OR

