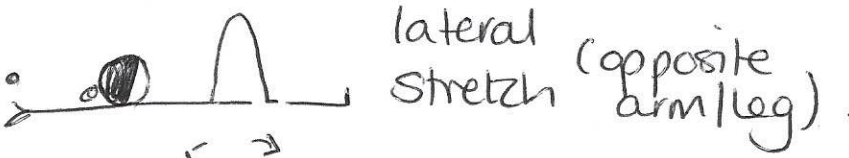
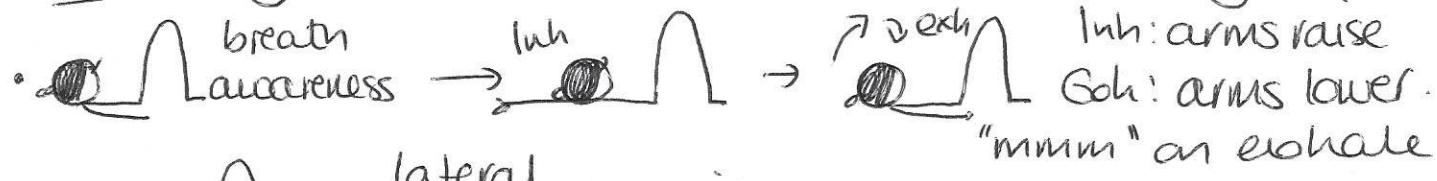
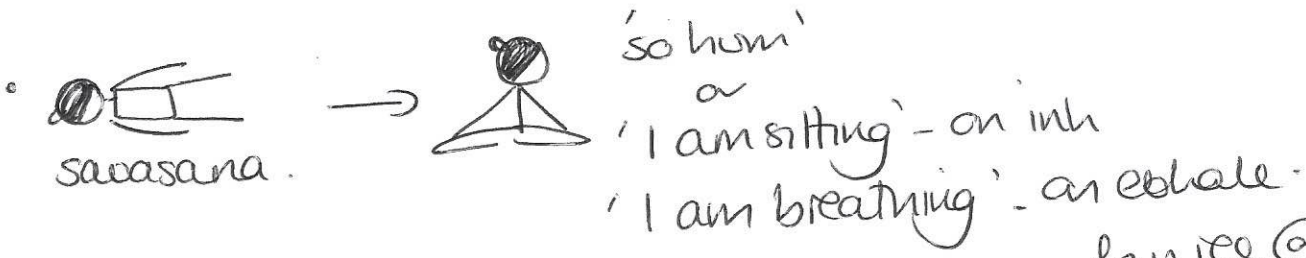
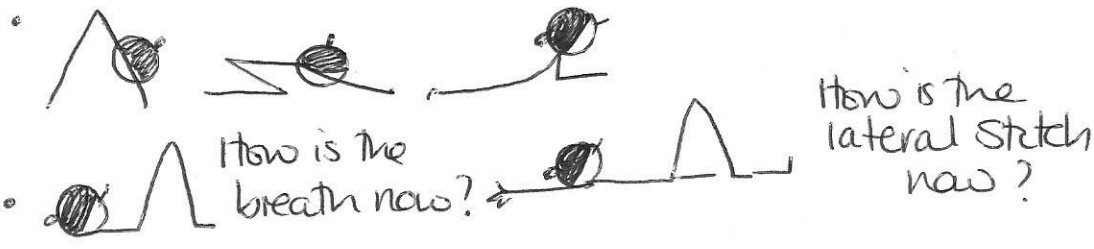
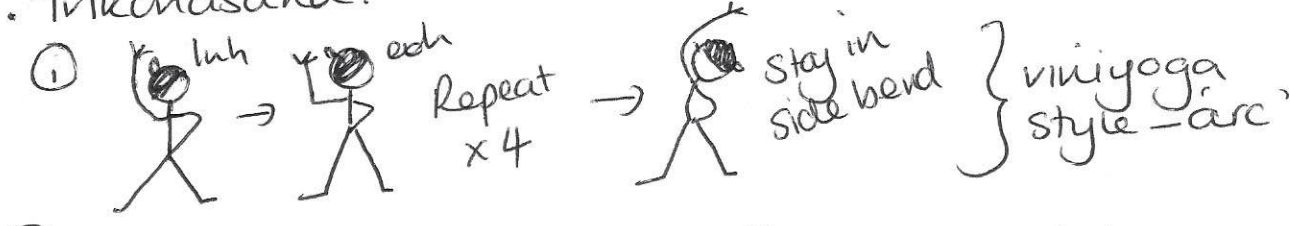


FC23: Day 8 Side Bends: Trikonasana + Triyaka Tadasana



• Trikonasana:-



* This is intended as an aide memoire only. Practice according to the cautions & modifications noted in your handouts & listen to your body. If in doubt, ask! ♥

Janice @ Radiance Yoga.