





Backward Bending Asana




Preps:-



- Strap
- bricks
- chair/bolster









•  - lotus mudra
- signing breath or soft vjyayi

•  →  - shoulder circles
- Shoulder strap




•  cat

•  lunge →  arm sweep →  hamstring stretch

•  →  lotus @ ♥


•  lotus sequence
Inh: open →  exh close →  inh open →  exh close →  inh lengthen spine →  exh →  inh open →  exh close
lotus rests @ ♥

•  →  strengthen quads/hamstring

•  standing locust →  → 


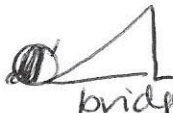
choose 1 of the following:

(A)  locust

(B)  cobra

(C)  camel

(optional bricks/bolster/ chair)

•  rest neutralise →  bridge

•  twist →  hugl apanasana

2222

• 

Janice @ Radiance Yoga