

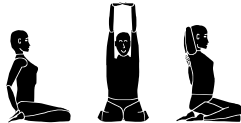
Beginner – backbends



Supported Supta Baddha Konasana

Virasana

- forward bend



Virasana

Parvatasana x 2

- cross hands non intuitive way

Virasana – namaskara



Supta Virasana – supported.



Ado Mukha Svanasana

Caturanga Dandasana

Anantasana



Tadasana

Utthita Trikonasana



Ardha chandrasana

- blocks to support

Ado Mukha Svanasana



Adho Mukha Vrksasana

- preparation



Salabasana



Urdhva mukha svanasana

- blocks, curl toes
- block, on instep
- floor, on instep



Ustrasana – build up using chair



Sukhasana

- stretch to each side, then come forward



Urdhva Prasarita Padasana

Jathara Parivartanasana

- legs bent



Vipharitta Karani



Paschimottasana

- passive