

restorative yoga class

RESTORATIVE YOGA POSES



Supported Child's Pose
Balasana



Supported Seated Wide Leg Forward Fold
Supported Upavistha Konasana



Reclining Bound Angle Pose w/ Eye Pillow
Supta Baddha Konasana



Restorative Side Posture
w/ Blankets, Bolster & Hand Weights



Guide Yoga Practice

Mara Carrico



Guide Yoga Practice:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, **Guide Yoga Practice**. This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

<https://ftp.thebrandexperience.com/files/publication/fetch.php/Style%20%20Tg.pdf>

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