

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



Yoga Practice Guide

LP Steffe

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'LP Steffe' text.

Yoga Practice Guide:

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