

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

Debbie Lawrence, Conrad Paul



Yoga Practice Guide:

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, **Yoga Practice Guide** . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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