

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

**Benjamin G. Shapero, David
Mischoulon, Cristina Cusin**



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web berangkat dari isu permasalahan sanitasi pada sub sektor air limbah di kabupaten nagekeo yang telah dijelaskan pada bab ii sebelumnya maka pokja ampl perlu menyusun strategi