

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

Didier Musso



Yoga Practice Guide:

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

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