

# 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

**Martha Rowe**



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physics a golfer chips balls toward a vertical wall  $20 \text{ m}$  straight ahead trying to hit a  $30 \text{ cm}$  diameter red circle painted on  
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