

FOUNDATIONAL BACKBENDS



sphinx pose



bhujangāsana
- cobra pose



full
Cobra pose



ardha salabhasana
- half locust pose



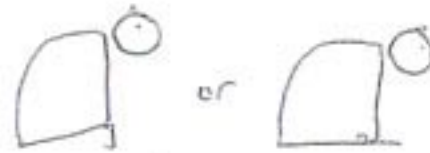
salabhasana
- locust pose



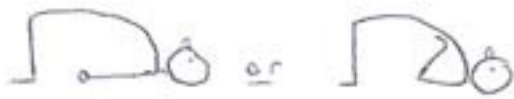
urdhva mukha
svanāsana
- upward facing
dog pose



ardha uttirasana
- half camel
pose



uttirasana
- full camel pose



setu bandha sarvangāsana
- bridge pose



supported bridge pose variations



ardha eka pada
rajakapotāsana
- pidgeon prep



dhanurasana
- bow pose



urdhva dhanurasana
- upward facing
bow pose