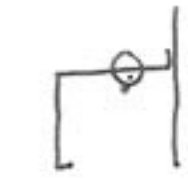
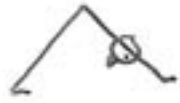


FORWARD FOLDS!



box pose



dog pose



dolphin



upward facing forward fold



forward fold



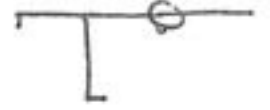
prasarita padottanasana



warrior 1



parsvottanasana



warrior 3



lunge



hasta padangusthasana



dandasana



forward fold (seated)



baddha konasana *



janusirsasana *



upavista konasana *



virasana *

* hands behind you for support is fine!



mandukasana



child's pose



supta padangusthasana



supta paschimottasana



navasana



balancing forward fold



plough pose



heron pose