
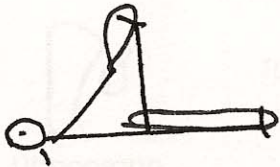
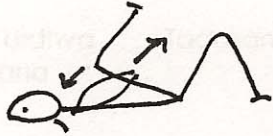
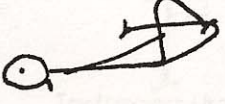
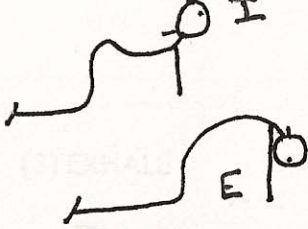
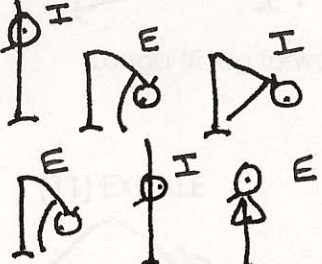
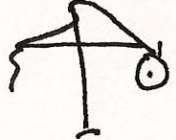


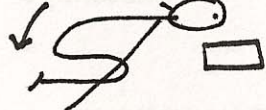
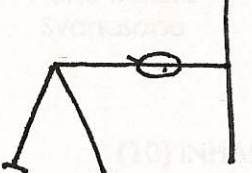


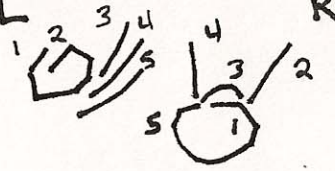
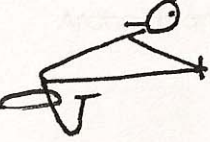

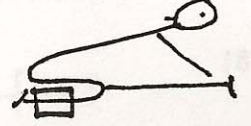





# Forward Bends

Moving from the foundation of a stable pelvis to find surrender and spaciousness in forward bends.

 <p><b>Gupta Mudra</b> Senses focused inward Interlace with fingers inside palms, cross R thumb over L</p>	 <p><b>Supta Padangusthasana</b></p>	 <p><b>PNF Exercise</b></p>	 <p><b>Sucirandrasana</b></p>	 <p><b>Cat/Cow</b></p>
 <p><b>Ardha Surya Namaskar</b></p>	 <p><b>Uttanasana</b> Strap over thighs</p>	 <p><b>Adhara Utkatasana</b></p>	 <p><b>Adho Mukha Svanasana</b></p>	 <p><b>Balasana</b> Head on block</p>
 <p><b>Parsvottanasana</b> Hands on wall</p>	 <p><b>Prasarita Padottanasana</b></p>	 <p><b>Yoga Mudra</b></p>	 <p><b>Paschima Mudra</b> Back body, Shadow R: Join thumb, middle &amp; little L: Thumb over ring nail</p>	 <p><b>Janu Sirsasana</b></p>
 <p><b>Paschimottanasana</b></p>	 <p><b>Trianga Mukha Eka Pada Paschimottanasana</b></p>	 <p><b>Virasana II</b></p>	 <p><b>Kurmasana Variation</b></p>	 <p><b>Savasana</b></p>