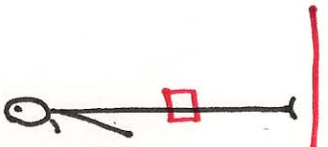

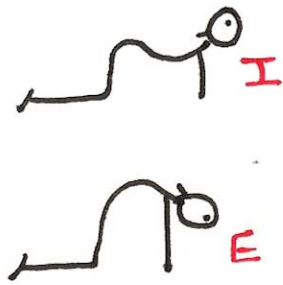

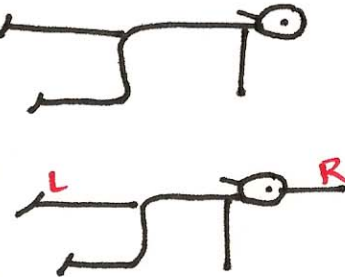






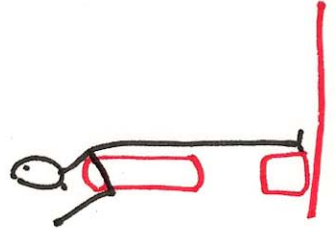
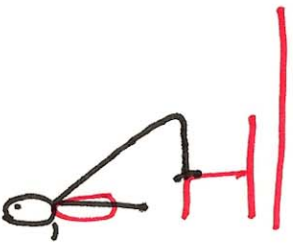

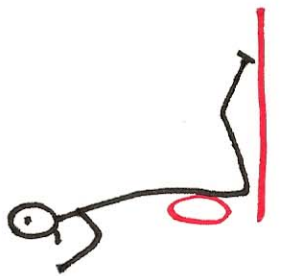


Supported Inversions

Approaching inversions such as Handstand and Shoulderstand with support to ease the body into being upside-down.

| | | | | |
|---|--|---|---|---|
|  <p>Supta Tadasana Block between legs</p> |  <p>Virasana Side Bend</p> |  <p>Cat/Cow</p> |  <p>Melting Heart</p> |  <p>Tiger Pose</p> |
|  <p>Uttanasana Over chair, head supported</p> |  <p>Adho Mukha Svanasana Head on block</p> |  <p>Balasana</p> |  <p>Virasana Garudasana</p> |  <p>Yoga Mudra</p> |
|  <p>Setu Bandha Block and blanket</p> |  <p>Setu Bandha Sarvangasana</p> |  <p>Sarvangasana Variation Feet on chair</p> |  <p>Matsyasana</p> |  <p>Viparita Karani</p> |