













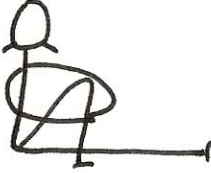







# Baddha Asana

Binding the arms around the body to create a structure within which the body can let go.

 <p><b>Ardha Andandabalasana</b></p>	 <p><b>Supta Ekapada Rajakapotasana</b></p>	 <p><b>Melting Heart</b></p>	 <p><b>Open Sesame</b></p>	 <p><b>Tadasana Garudaasana</b></p>
 <p><b>Tadasana Gomukhasana</b></p>	 <p><b>Tadasana Reverse Namaste</b></p>	 <p><b>Yoga Mudra Uttanasana</b></p>	 <p><b>Adho Mukha Svanasana</b></p>	 <p><b>Yoga Mudra Balasana</b></p>
 <p><b>Baddha Trikonasana</b></p>	 <p><b>Baddha Parsva Konasana</b></p>	 <p><b>Adho Mukha Svanasana</b></p>	 <p><b>Baddha Bharadvajasana</b></p>	 <p><b>Baddha Marichyasana</b></p>
 <p><b>Baddha Konasana</b></p>	 <p><b>Backbend over Roll</b></p>	 <p><b>Bricklayer's Rest</b></p>	 <p><b>Hug Shoulders</b></p>	 <p><b>Savasana</b></p>