


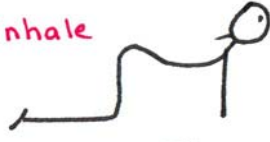









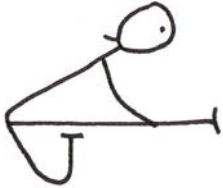

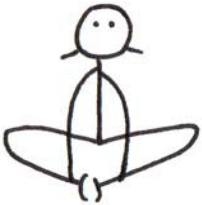

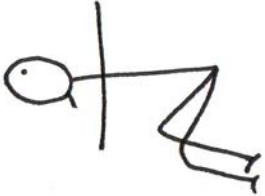





# Well Rounded Home Practice

Build your own home practice with these simple poses that can be done without props

 <p>Hamstring Stretch (Supta Padangusthasana)</p>	 <p>Thread the Needle</p>	 <p>Hug Knees to Chest (Apanasana)</p>	<p>Inhale</p>  <p>Exhale</p>  <p>Cat/Cow x 5</p>	 <p>Downward Facing Dog (Adho Mukha Svanasana)</p>
 <p>Childs Pose (Balasana)</p>	 <p>Mountain Pose (Tadasana)</p>	 <p>Tree Pose (Vrksasana)</p>	 <p>Standing Forward Bend (Uttanasana)</p>	 <p>Warrior II (Virabhadrasana II)</p>
 <p>Side Angle Pose (Parsva Konasana)</p>	 <p>Wide Legged Forward Bend (Prasarita Padottanasana)</p>	 <p>Head to Knee Pose (Janu Sirsasana)</p>	 <p>Marichi's Twist (Marichiyasana)</p>	 <p>Bound Angle Pose (Baddha Konasana)</p>
 <p>Bridge Pose (Setu Bandha)</p>	 <p>Reclining Twist (Jathara Parivartanasana)</p>	 <p>Legs Up the Wall (Viparita Karani)</p>	 <p>Breathing Practice (Pranayama)</p>	 <p>Relaxation Pose (Savasana)</p>