
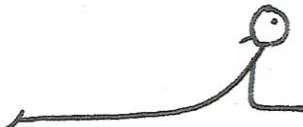
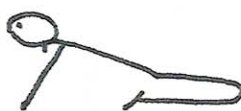

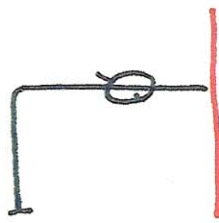
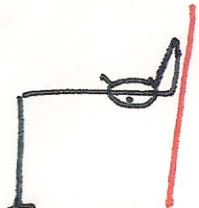


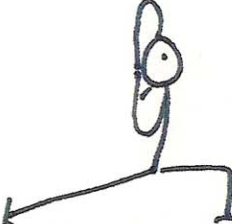

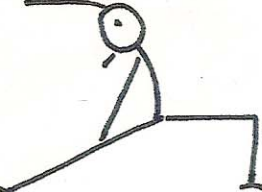


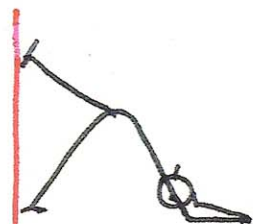
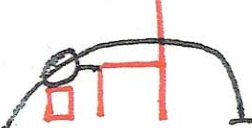
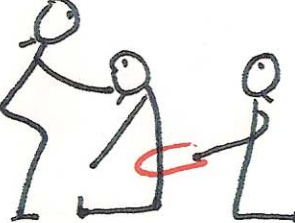
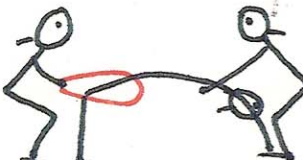





# Yin/Yang Backbends

Using both Yin and Yang poses to open the armpit chest and psoas in backbends.

 <p><b>3 min</b> Melting Heart</p>	 <p><b>3 min</b> Sphinx</p>	 <p><b>3 min</b> Saddle</p>	 <p>Childs</p>	 <p>Half-Dog @ Wall</p>
 <p>Half-Dolphin @ Wall</p>	 <p>Uttanasana (hang arms)</p>	 <p>Low Lunge</p>	 <p>Gomukhasana Lunge</p>	 <p>Prasarita Padottanasana</p>
 <p>Reverse Virabhadrasana II</p>	 <p>Down Dog</p>	 <p>Dolphin</p>	 <p>Dolphin @ wall (lift leg)</p>	 <p>Chair Backbend</p>
<p><b>PARTNER</b></p>  <p>Ustrasana</p>	<p><b>PARTNER</b></p>  <p>Urdhva Dhanurasana</p>	 <p>Supta Padangusthasana</p>	 <p>Apanasana (Cross ankles)</p>	 <p>Savasana</p>