

Primary User

My Practice Listing - Chakra 4, Restorative, 1 hr



Practice Description: Chakra 4, Restorative, 1 hr (4-18-09)



Sukhasana



Balasana



Virasana Flow



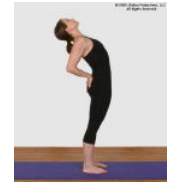
Kati Chakrasana



Natarajasana



Tadasana



Urdhva Ustrasana



Cakravakasana



Bhujangasana



Cakravakasana



Salabhasana (modified)



Cakravakasana



Dhanurasana



Cakravakasana



Ardha Ustrasana



Setu Bandha Sarvangasana (modified)



Supta Parsvakonasana

No Picture Specified

Quad Stretch Series at Wall



Supta Virasana



Setu Bandha Sarvangasana



Ardha Ustrasana



Balasana



Baddha Konasana



Paschimottasana A



Jathara Parivartanasana (modified)



Savasana