Purvātana: Back Bends/Arches - Stretching the Front Body/The "East"

Supine Poses

Dvipāda Pītham - Bridge - Two-Footed Stool

- Classical
  - Hold Knees

- OR
  - Belt
    - OR
      - Hip Width
      - Try wide feet (met width)

- OR
  - Palms Up

- Belt (palms up)

- Palms Up

- Belt + Block (Hard)

- Block (soft)

- Open Hip
  - OR

- IN → EX

- EX → IN

- IN → EX

- EX → IN

- IN → EX

- Hip Open

- IN → EX

- Soft Block

- Twist Head

- Chin Lock

(C stay 1-3 breaths)
1. Hard Block or 2 Soft Blocks (Weight)
   - Square bolster on EX

2. Squeeze block/bolster
   - IN

3. Squeeze glut & block/bolster
   - EX

4. Focus on lower back
5. Tail Tuck
   - IN

6. Focus on legs/feet/knees
   - Press into feet

7. Belt or block or both
   - Focus on necked shoulders/upper back

8. Belt or block or both
   - Focus on upper back/necked shoulders

9. Chin lock
   - IN

10. EX

11. IN

12. EX
Supta Baddha Konásana

Standing Poses

Tadásana

Ardha Uttanásana

Blocks under hips, knees or ankles
or
Bolster across under knee
Rolled Met under upper back: Add a layer of soft or 2 layers
Bolster: Elevated bolster with blocks

Also, go up on toes
Virabhadrasana

Try w/ cow arms with belt

Opp arm to leg or same
Palm up/down

Chest can be forward too
Ardha Utkatasana

- Do one arm at a time
- Stay & clasp hands - traction
- Heel at wall
- Hold a chair beside you
- Bend elbow on EX of turn head away from top arm

Natarajasana - Shiva's Dancer Pose

- Forward Bend
- Back Arch

- IN 
- EX

- IN 
- EX

- Twist to Easy side & Hard side

- IN 
- EX

- IN 
- EX

- IN 
- EX

- IN 
- EX

- Chair or wall
Kneeling Poses - Transition to Supine, Inverted, Prone & Seated Poses

Ekapāda Rajakapotasana - Modified King Pigeon or Ekapāda Ustrasana - One sided Camel

Chair Lunges at Wall

- Block
- Chair

Opposite Arm to
Front leg or same
or both arms up or down

Twisted Warrior/Lunge

- Block at Knee at Wall
- Twist Easy + hand sides
Cakravakāsana

Prithivi Namaskāram - Earth Salutation

Chair Ěrdhva Mukha Śvānāsana with Adhomukha Śvānāsana: Upward/Downward Facing Dog

Prone Poses

Bhujangāsana: Cobra
Salabhasana: Locust Pose

Ardha Salabhasana: Half Locust Pose

Vimanasana- Airplane - See Kraftsow's Yoga for Wellness
Dhanurāsana - Bow Pose

Catuspāda Pitham

Ustrasana: Camel Pose

Supta Virāsana: Supine Hero’s Pose

Restorative Back Arches

Matsyāsana - Fish

Setubandhasana