

8B Inhale-Exhale 1m



1. Constructive Rest Arms Overhead Pose Savasana

Variation Arms Overhead Bent Legs Pose

15B Inhale-Exhale 2m



2. Cycling Pose Bent Knee Pada Sanchalanasana Bent Knee

6B Inhale-Exhale 1m



3. Supine Windshield Wiper Twist Pose

6B Inhale-Exhale 1m



4. Reclined Half Cow Face Pose Supta Ardha Gomukhasana

6B Inhale-Exhale 1m



5. Reclined Big Toe Pose B Supta Padangusthasana B

6B Inhale-Exhale 1m



6. Reverse Pigeon Pose Sucirandhrasana

6B Inhale-Exhale 1m



7. Supine Spinal Twist Eagle Legs Pose Supta

Matsyendrasana Garuda Legs Asana

6B Inhale-Exhale 1m



8. Reclined Cow Face Pose Supta Gomukhasana

36B Inhale-Exhale 8m

O.S.

9. Repeat Other Side