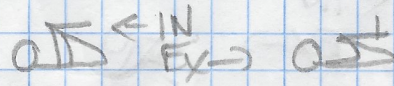
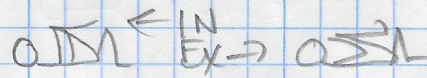


Forward Bend Asana Workshop

Apanasana

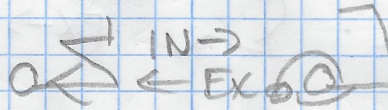


Symmetrical

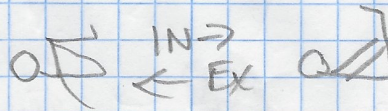


Asymmetrical

Urdhva Prasarita Padasana

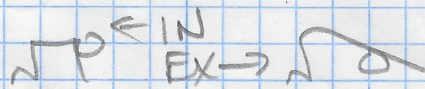


Non-assisted

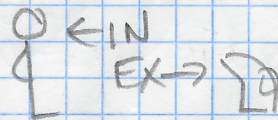


Assisted

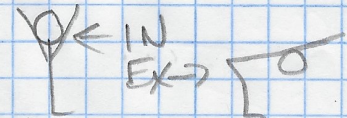
Cakravakasana



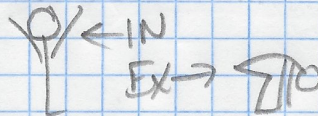
Uttanasana



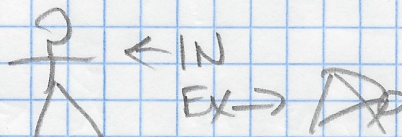
Ardha Uttanasana



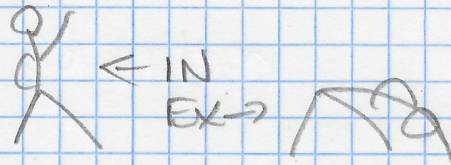
Utkatasana



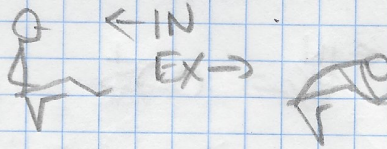
Prasarita Padasana



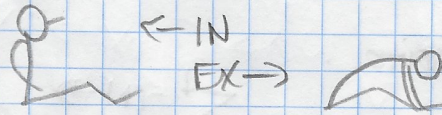
Parsvottanasana



Janu Sirsasana



Pascimattanasana



Marichyasana

Belly

Cobra

Prone

Upright

Upright

Upright

Upright