

Prana Veda Bali



Yoga Home Practice



Pranayama /
Meditation

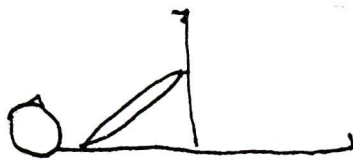


"Heart Opener"
Crolled towel
below shoulder blades



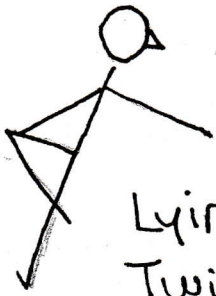
Knee to chest

Ex →
← Jn



Extend one leg
(hands clasped behind thigh)

Option:
rotate foot or
flex + stretch

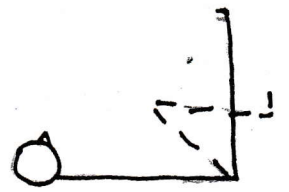


Lying
Twist



Knees to chest

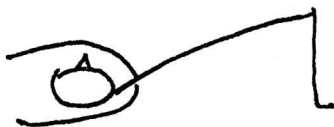
Ex →
← Jn



Extend both legs
(Option: on leg only)



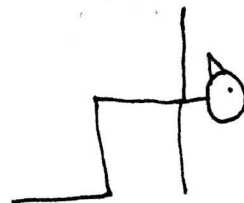
Jn →
← Ex



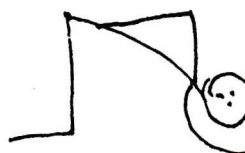
Dynamic
Shoulderbridge



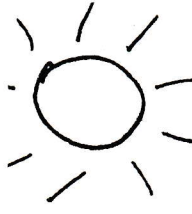
cat-cow



Ex →
← Jn

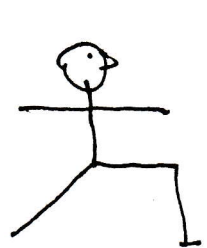


"Thread the needle"


 Sun Salutations or
 "8 movements of the spine"



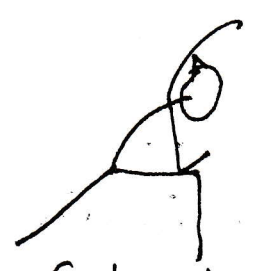
tee



Warrior II



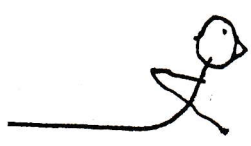
peaceful warrior



Extended side angle



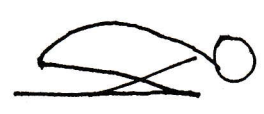
wide legged forward bend



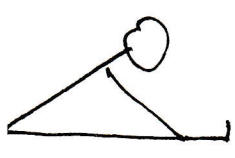
cobra



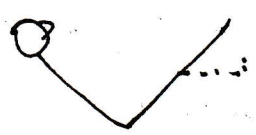
1/2 frog



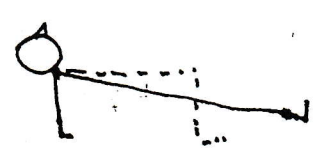
Child's pose



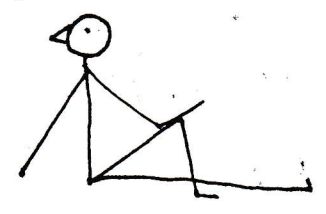
seated forward bend



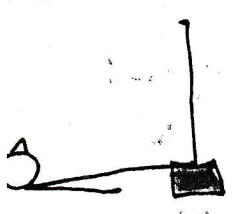
boat



reverse plank



seated twist

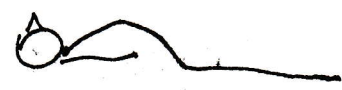


Legs up the wall

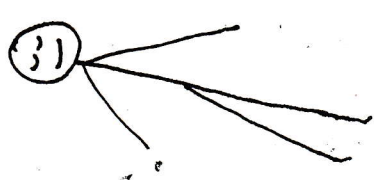
or



+



Shoulderstand + Fish



Savasana