

SVEJAR

YOGA FÖR LÖPARE



Adho Mukha Svanasana, with blocks



Anjaneyasana



Eka Pada Rajakapotasana, with bolster



Paschimottasana, concave



Supta Padangusthasana I, with belt



Jathara Parivartanasana, bend legs



Setubandha Sarvangasana, with blocks



Viparita Karani, with bolster