




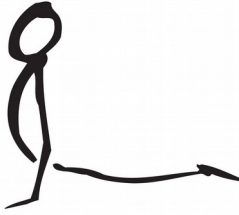





Backbends

Maximum length is required in the spine as well as spaciousness in the upper body. It is from the foundation of the posture, through gravity that backbends emerge.

	Uttitha-tadasana Extended mountain
	Marjaryasana Cat pose
	Anjaneyasana Low lunge
	Ekapadarajakapotasana One-legged king pigeon
	Bhujangasana Cobra

	Urdhva mukha svanasana Upward facing dog
	Danurasana Bow pose
	Setu bandhasana Half bridge
	Urdhva danurasana Bridge