

Samantha Mehra

Restorative
Yoga



CD and Poster included

Samantha Mehra • Restorative Yoga

1. Three Part breathing - A



1. Three Part breathing - B



1. Three Part breathing - C



2. Wind Removing



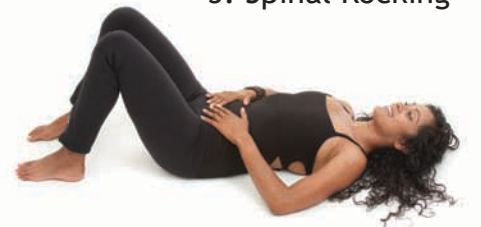
3. Happy Baby



4. Thread the Needle



5. Spinal Rocking



6. Spinal Tapping



7. Spinal Twist



8. Spinal Twist with Strap - A



8. Spinal Twist with Strap - B



8. Spinal Twist with Strap - C



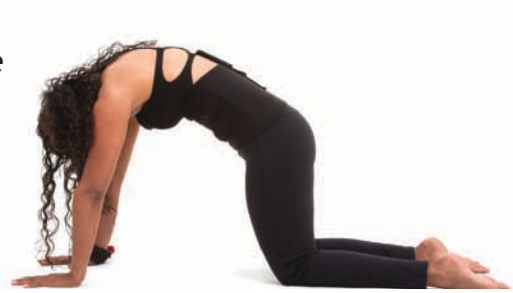
9. Spinal Massage



10. Hip Circles



11. Cat/Dog Pose



12. DownDog



13. Runner's Lunge



14. Pigeon Pose



15. Supported Bridge



16. Supported Fish



17. Savasana



2 bricks and a strap required