




FC Day 3: Forward Bending Asana.


Props! - (optional)

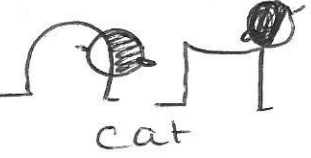
•  - pelvic tilt

- strap.
- bricks
- yoga wedge.

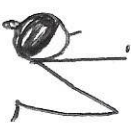
•  Hip circles


•  Hamstring stretch


→  Abduction (Supta padangusthasana)


•  cat → optional knee → nose


* This is intended as an aide-memoire only. Listen to your body & modify/adjust as appropriate to your body/health/energy levels. If in doubt, please ask.

•  "z shape"
- core strengthening
- stretches toes/sides


•  - Gate pose (parighasana)
- stretch for adductors (inner thighs)


•  Tadasana.
Inhale: back body - sides feet → crown
Exhale: front body - crown → tips of toes



•  warrior 2 ~ squat. Any standing pose to stretch inner thighs.

•  Uttanasana. ① soft - knees bent / rag doll.
options! ② 1/2 way fold (ardha Uttanasana)
③ Uttanasana
④ with arms raised / in line with ears.

•  Janu Sirsasana } optional props: strap / bolster / brick / wedge.

•  counterpose. seated: lift heart space

•  Paschimottasana. options! bend knees / sit on wedge / bolster under knees.

•  Bridge + supine twist to release →  savasana.

Janice @ Radiance Yoga.