

# restorative yoga class

## RESTORATIVE YOGA POSES



**Supported Child's Pose**  
Balasana



**Supported Seated Wide Leg Forward Fold**  
Supported Upavistha Konasana



**Reclining Bound Angle Pose w/ Eye Pillow**  
Supta Baddha Konasana



**Restorative Side Posture**  
w/ Blankets, Bolster & Hand Weights



# Yoga Practice Guide

**Andrew Z. Maitland**



## **Yoga Practice Guide:**

Discover tales of courage and bravery in Crafted by is empowering ebook, **Yoga Practice Guide** . In a downloadable PDF format ( Download in PDF: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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