

# 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



# Guide Yoga Practice

**Yicheng Fang**



## **Guide Yoga Practice:**

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Tender Moments: **Guide Yoga Practice** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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