

Yoga for Coping & More

Phase 8: Stomach Stretches

Start in Table Top Pose. Reverse & do both sides. 3x or more.

A: Cat (marjaiasana) & Cow (bitilasana).

Experiment using a wide circle motion.

B: Downward-facing Dog Pose (setup).

C: Pigeon Pose (pada rajakapotasana).

D: Tabletop Pose (bharmanasana).

E: Needle Pose (parsva balasana).

F: Downward-facing Dog Pose (setup).

G: Lizard Pose (utthan pristhasana).

H: Downward-facing Dog Pose (setup).

I: Stomach flying (lying down raised limbs).

J: Bow Pose (dhanurasana).

K: Class requested stomach stretches.

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