YOGA – HOLISTIC HEALING A

FEET & ANKLES

Foot Roller – sitting in chair

Foot management with wooden dowel

Pada Bandha – spreading toes and lifting the 3 arches

Downward Facing Dog Pose – hands to wall

Downward Facing Dog Pose – heels to wall

Downward Facing Dog Pose – assisted calf muscle stretch

Hero Pose – ankle supported with rolled towel under ankle

Hero Pose Twist – chair for arm support

Downward Facing Hero Pose

½ Hero Pose 1 – against wall

½ Hero Pose 2 – against wall

Bound Angle Pose – seated & sandbags

Reclining Bound Angle – over bolster

Downward Facing Bound Angle Pose – external rotation of ankles

Reclining Hip/Hamstring 8 Movement Cycle

Head of the Knee Pose 1

Western Stretch 1

Bolster Chest Stretch

Barrel Chest Stretch

Head Stand - supported

Bridge Pose on bench – belt over thighs

Viparita Karani – with large bolster

Relaxation – on block & brick with sandbags