



FORWARD BENDS – practice class #2

In these photos I show different variations – maybe different heights to sit on, versions with a chair or bolster if flexibility limited, different arm positions etc. Find out what works for you!

Sukhasana

Adho mukha swastikasana – to floor, head rested

or

to chair – showing seated on more height as well



Adho mukha virasana – sit back on heels, head rested

or

maybe you need padding for shins, height for hips or wrists?

or

maybe you can't kneel and have to do with support on chairs?



Adho mukha svanasana

or

Use the belt around door handles if you don't have ropes at home (*shown in shared facebook post on [claireferryoga](#) on 5 April 2020*)



Uttanasana – head supported on brick

or

on chair

or

if can't go forwards, hands up high to wall



Prasarita padottanasana – head rested to floor/blanket

or

stretch arms to height e.g. bolster on chair, or use a table at home



Parsvottanasana – head rested on shin

or

hands to height – could also build up height to rest head



Uttanasana again

or

Sirsasana



Dandasana – remember, you might need to sit on height, or have blocks to put your hands on



Urdhva mukha dandasana – coiling upwards



Going forwards – half-way to paschimottanasana



Janu sirsasana – concave back – might need to use belt or sit on height



Janu sirsasana – going to chair if can't go forward

and/or

going down to leg, head and elbows rested on bolster



Triang mukha eka pada paschimottanasana

Upright, using belt

or

seated and forward to chair, more height under hips

and/or

forward to shin, brick against foot for more length



Marichyasana 1 – using height under hips and belt

or

with a turn

and/or

binding and moving forwards



Paschimottasana - hands clasped

or

on height and going to chair

or

legs apart and torso rested on bolster



Sarvangasana – shoulderstand and cycle

Halasana & Karnipidasana

and/or

Setu bandha sarvangasana – belt around feet

and finally

Savasana 😊