



Simple Back Extension Sequence 2

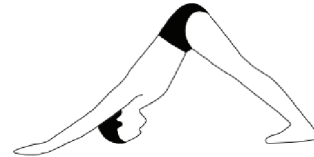
Use any props you would ordinarily use in class for these poses.



1. Supta Virasana



2. Adho Mukha Virasana



3. Adho Mukha Svanasana



4. Urdhva
Baddhanguliyasana



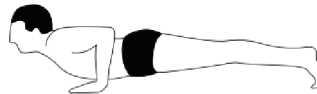
5. Virabhadrasana II



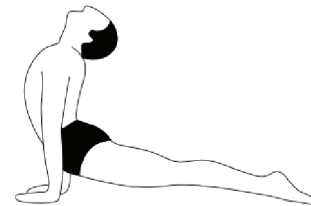
6. Virabhadrasana I



7. Salamba Sirsanana



8. Chaturanga Dandasana



9. Urdhva Mukha
Svanasana



10. Dvi Pada Viparita
Dandasana



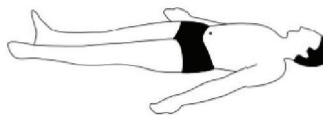
11. Ustrasana



12. Adho Mukha
Svanasana



13. Ardha Halasana
(legs resting on support)



14. Savasana