

# Relaxing

By Gloria Moore



1. Half Wind Release Pose  
Ardha Pawan Muktasana



2. Wind Release Pose  
Pawanmuktasana



3. Supine Windshield Wiper Twist  
Pose



4. Supine Windshield Wiper Pose  
Variation  
Supta Sucirandhrasana Variation



5. Roller Pose  
Vat Nari Sansthan Shaktivardhak



6. Half Plough Pose  
Ardha Halasana



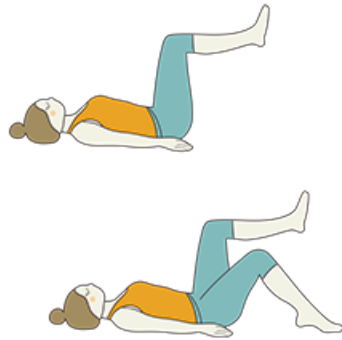
7. Belly Twist Flow  
Supta Matsyendrasana li Flow



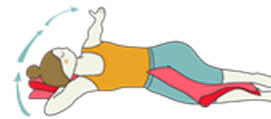
8. Reverse Pigeon Pose  
Sucirandhrasana



9. Reverse Pigeon Pose Variation 1  
Sucirandhrasana Variation 1



10. Supine Toe Taps Flow



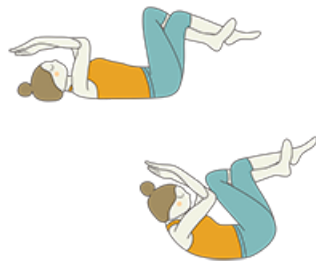
11. Side Reclined Shoulder Stretch  
C



12. Half Happy Baby Pose  
Ardha Ananda Balasana



13. Happy Baby Pose  
Ananda Balasana



14. Reclined Eagle Crunches  
Supta Eagle Crunches



15. Reclined Cow Face Pose



16. Reclined Half Cow Face Pose  
Supta Ardha Gomukhasana



17. Reclining Bound Angle Pose  
Supta Baddha Konasana



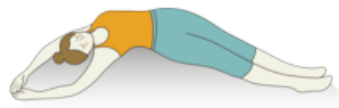
18. Supine Tree Pose  
Supta Vrksasana



19. Supine Spinal Twist Yoga Pose  
|  
Supta Matsyendrasana I



20. Reclining Straddle Pose



21. Banana Pose  
Banasana



22. Full Body Stretch Pose