



Assists vs. Adjustments

Blank space for notes under the 'Assists vs. Adjustments' header.

Pillars of Good Practice

Intelligent Positioning:

Slow It Down:

Use Bodyweight and Gravity:

Listen for the End-Point:

Use Breath to Your Advantage:

Exit Slowly:



Notes on First Contact (Palming Shoulders)
Parivrtta parsvokanasana
Parivrtta janu sirsasana
Baddha konasana
Savasana chest massage