

Meditative Yoga

Yoga Session 4

By Babita Kapoor

1



KATRINE NALEID



Virabhadrasana II
Warrior II Pose

2



DAVID MARTINEZ



Utthita Trikonasana
Extended Triangle Pose

3



DEBRA MCGCLINTON



Vrksasana
Tree Pose

4



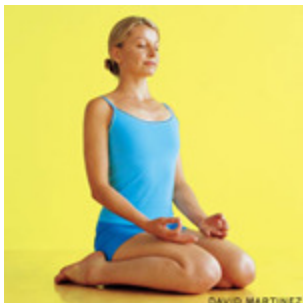
MARTY SCODUTO



Adho Mukha Svanasana
Downward-Facing Dog

5





Virasana
Hero Pose

6



Baddha Konasana
Bound Angle Pose

7



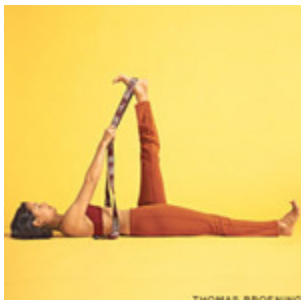
Marichyasana III
Marichi's Pose

8



Balasana
Child's Pose

9



Supta Padangusthasana
Reclining Big Toe Pose

10



Setu Bandha Sarvangasana
Bridge Pose

11



Savasana
Corpse Pose

Yoga Journal Sequence Builder, Patent pending