

# MEN'S RESTORATIVE SEQUENCE



SUPTA VIRASANA 5 MIN



SUPTA BADDKA KONASANA 5 MIN



ADHO MUKHA SVANASANA (ROPES & SUPPORT) 3-4 MIN



UTTANASANA WITH HEAD SUPPORT 3-4 MIN



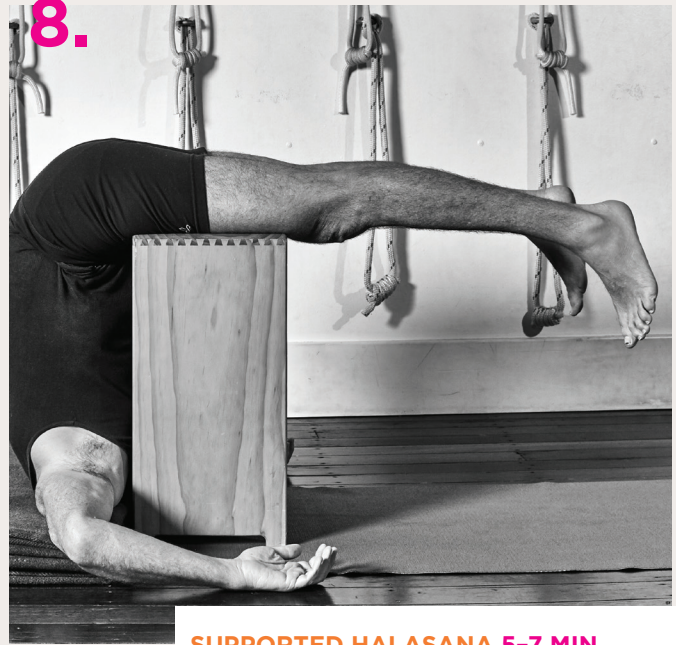
DWI PADA WITH CHAIR & BOLSTER 2-4 MIN

6.



SIRSASANA IN ROPES 5-10 MIN

8.



SUPPORTED HALASANA 5-7 MIN

9.



JANU SIRSASANA WITH HEAD SUPPORT 4 MIN/SIDE

7.



VIPARITA KARANI SARVANGASANA WITH CHAIR 5 MIN

10.



SAVASANA 5-10 MIN