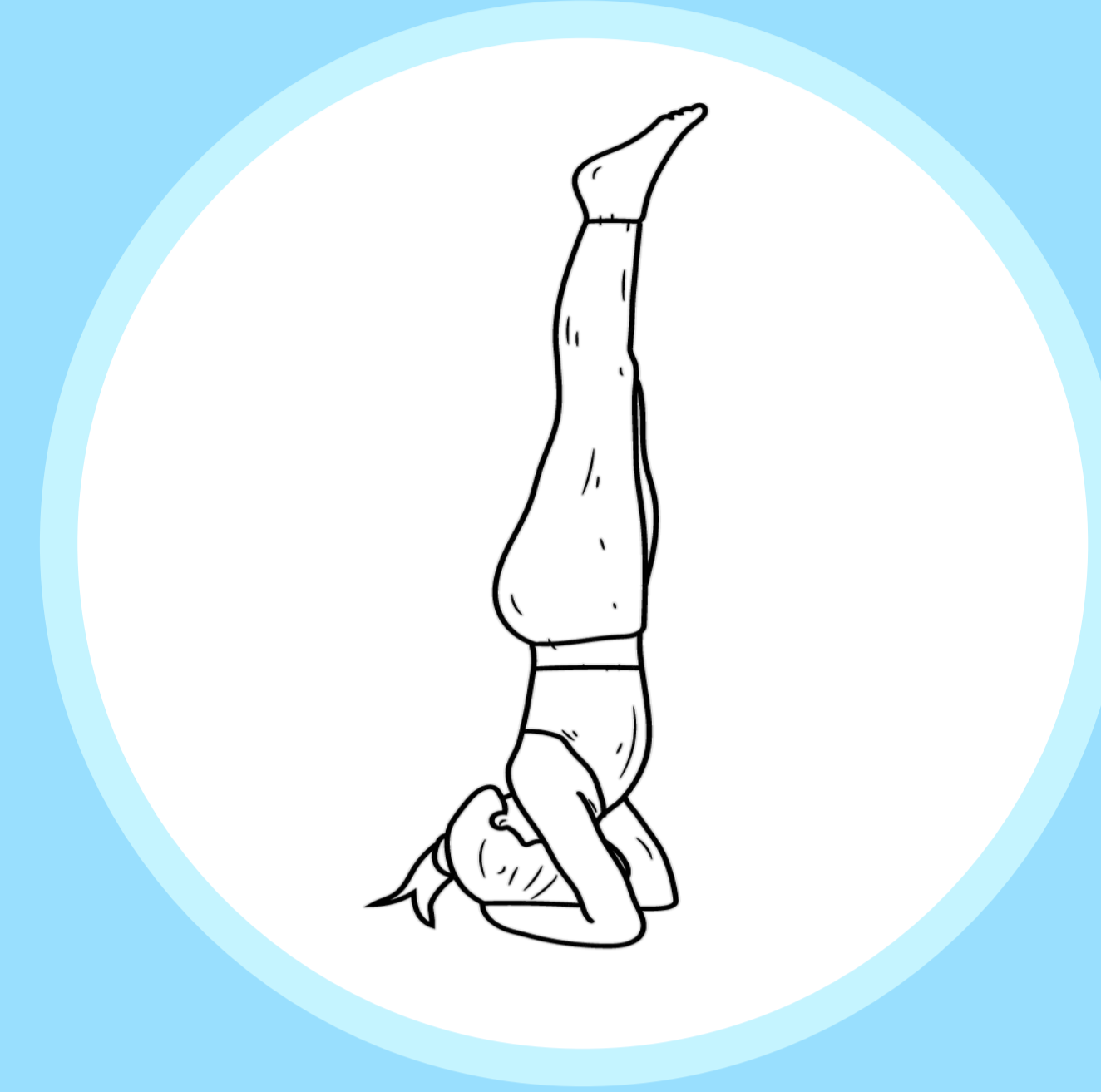


# Hamstring and Calves

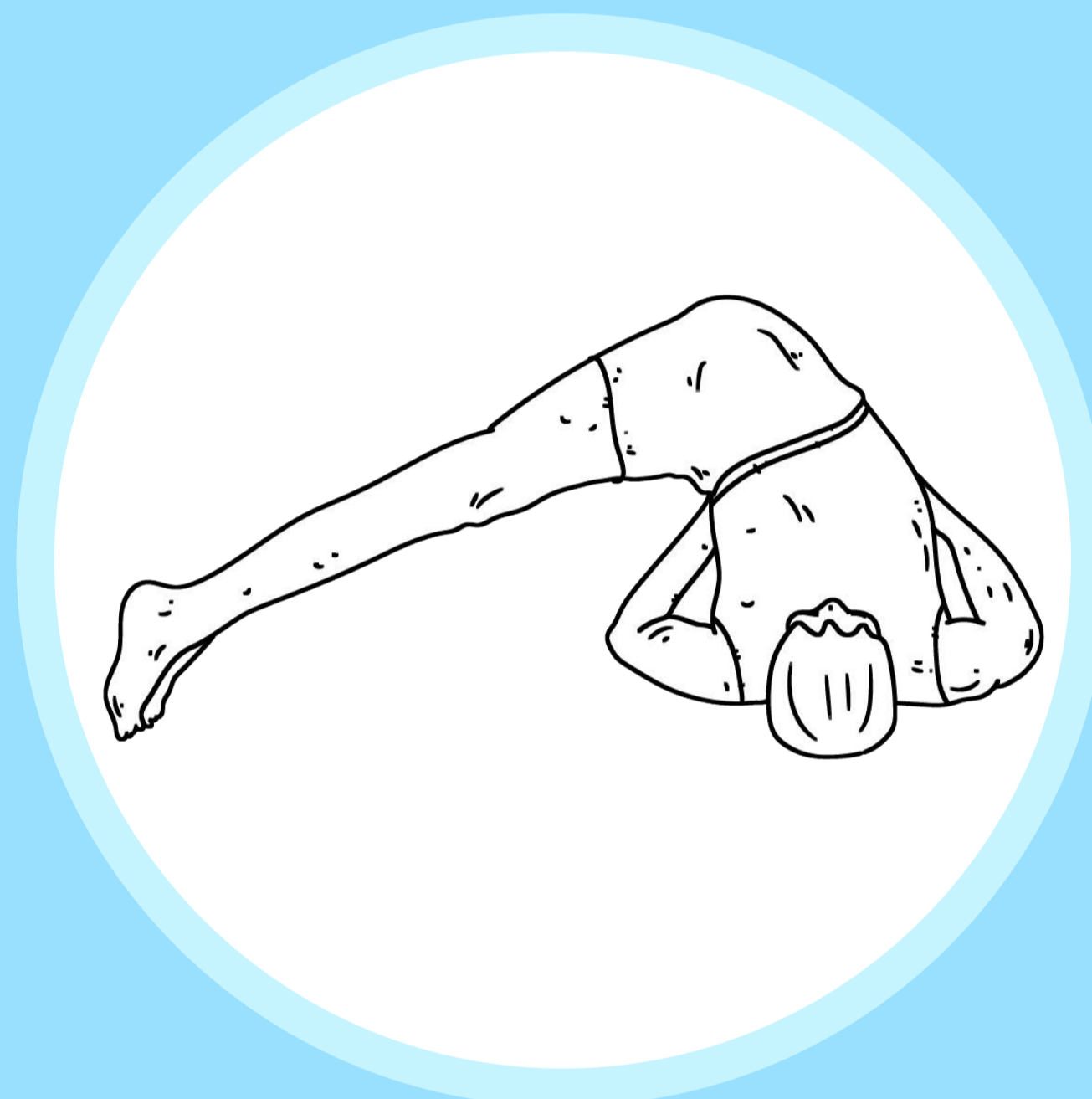
(p. 1 of 6)



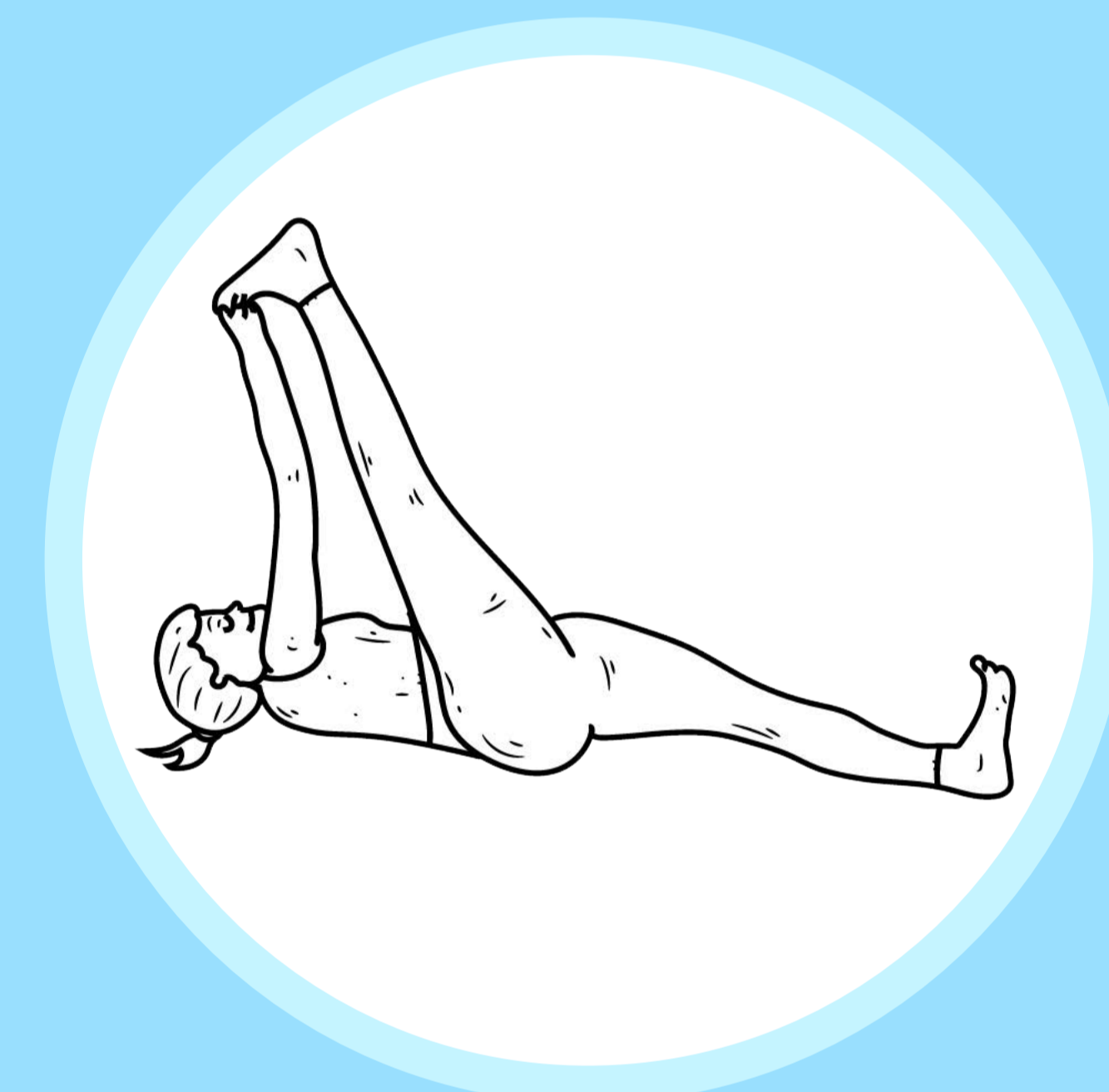
Any Standing Posture



Sālamba Śīrṣāsana  
(supported headstand)



Pārśva Halāsana  
(side plow)



Supta Pādānguṣṭhāsana  
(reclined big toe)



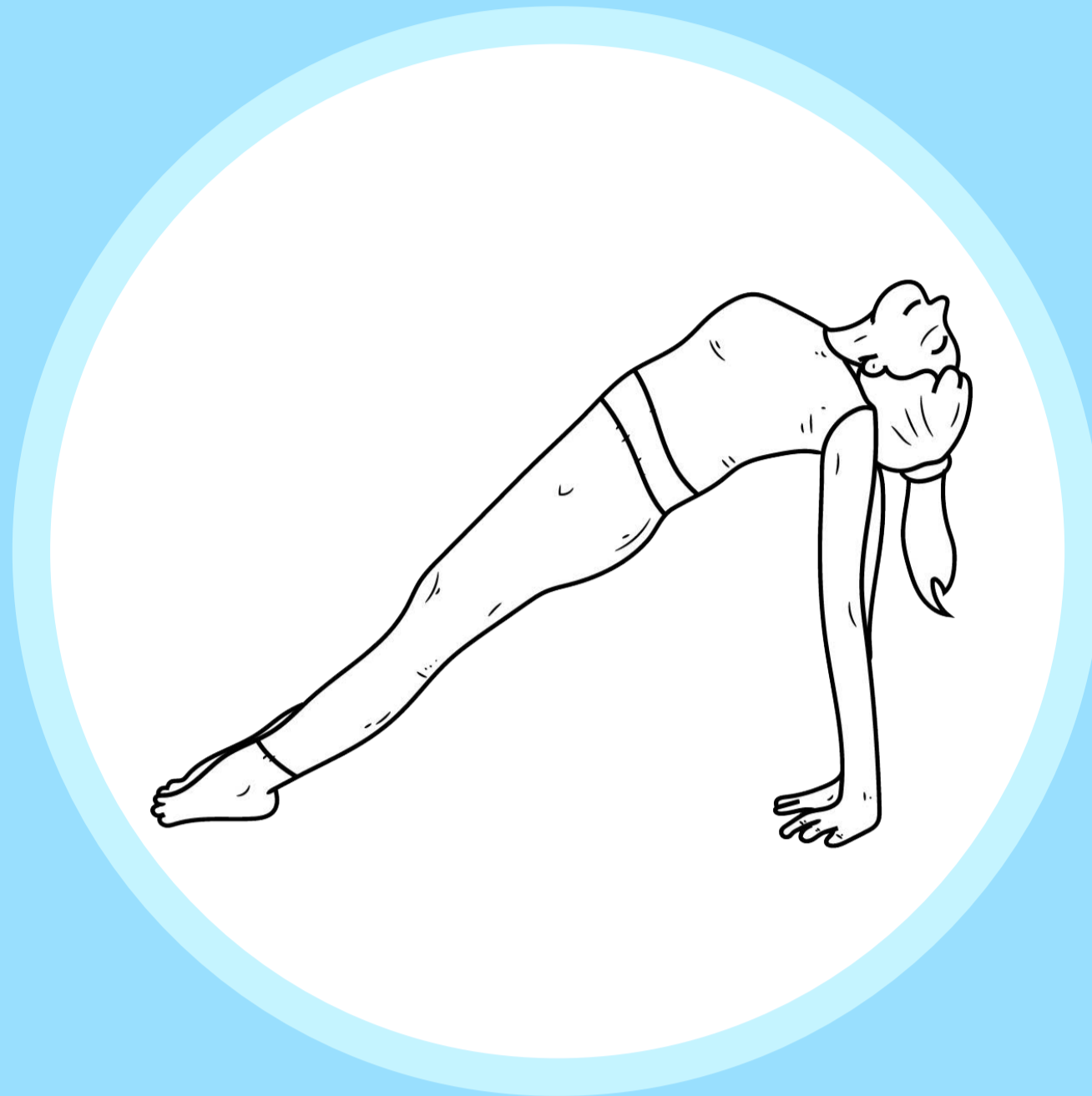
Anantāsana  
(side reclining)



Paschimottānāsana  
(staff)

# Hamstring and Calves

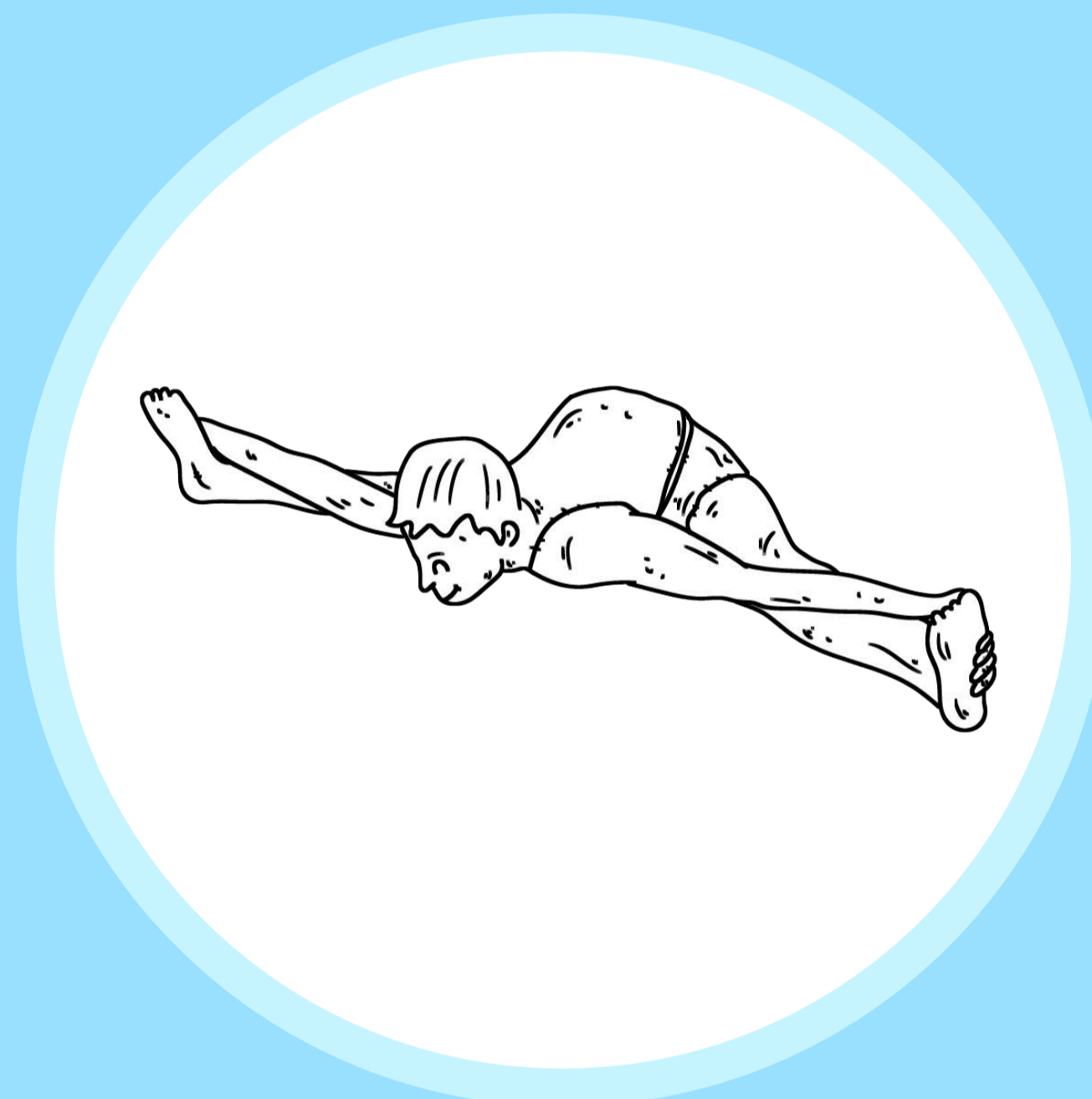
(p. 2 of 6)



**Pūrvottānāsana**  
(inverted plank)



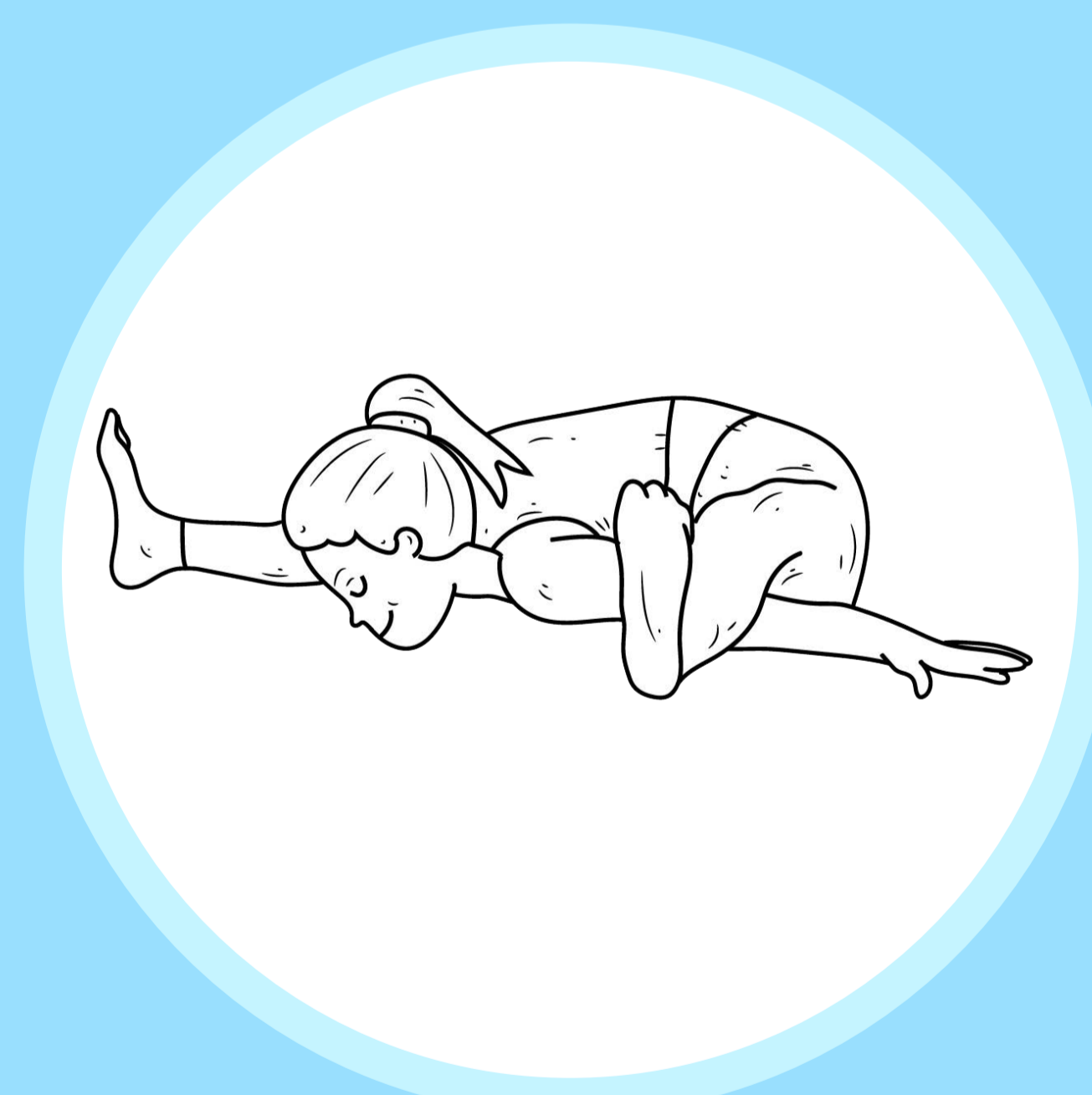
**Baddha Konāsana**  
(bound angle)



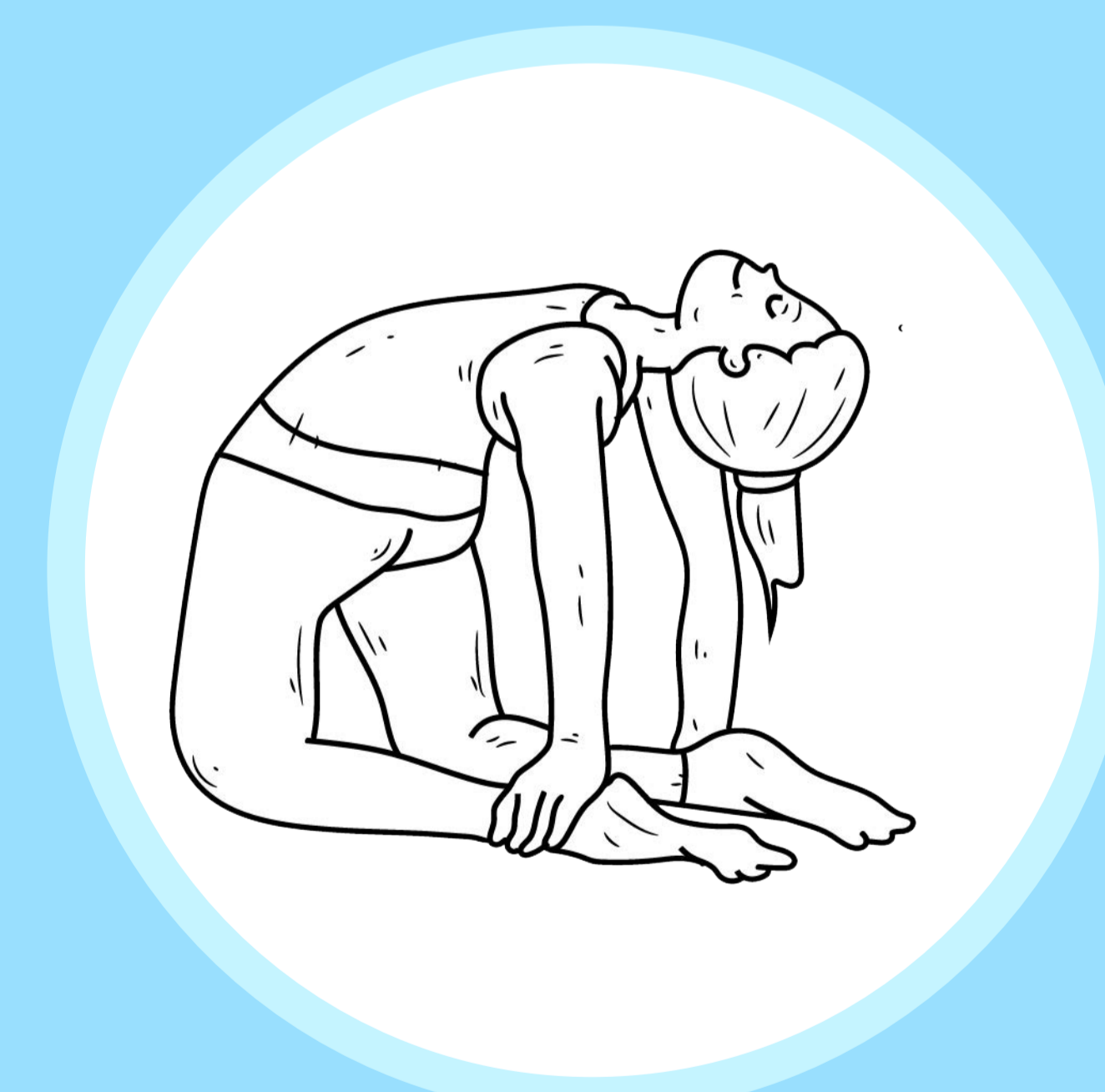
**Upaviṣṭha Koṇāsana**  
(seated angle)



**Ākarṇa Dhanurāsana**  
(archer's pose)



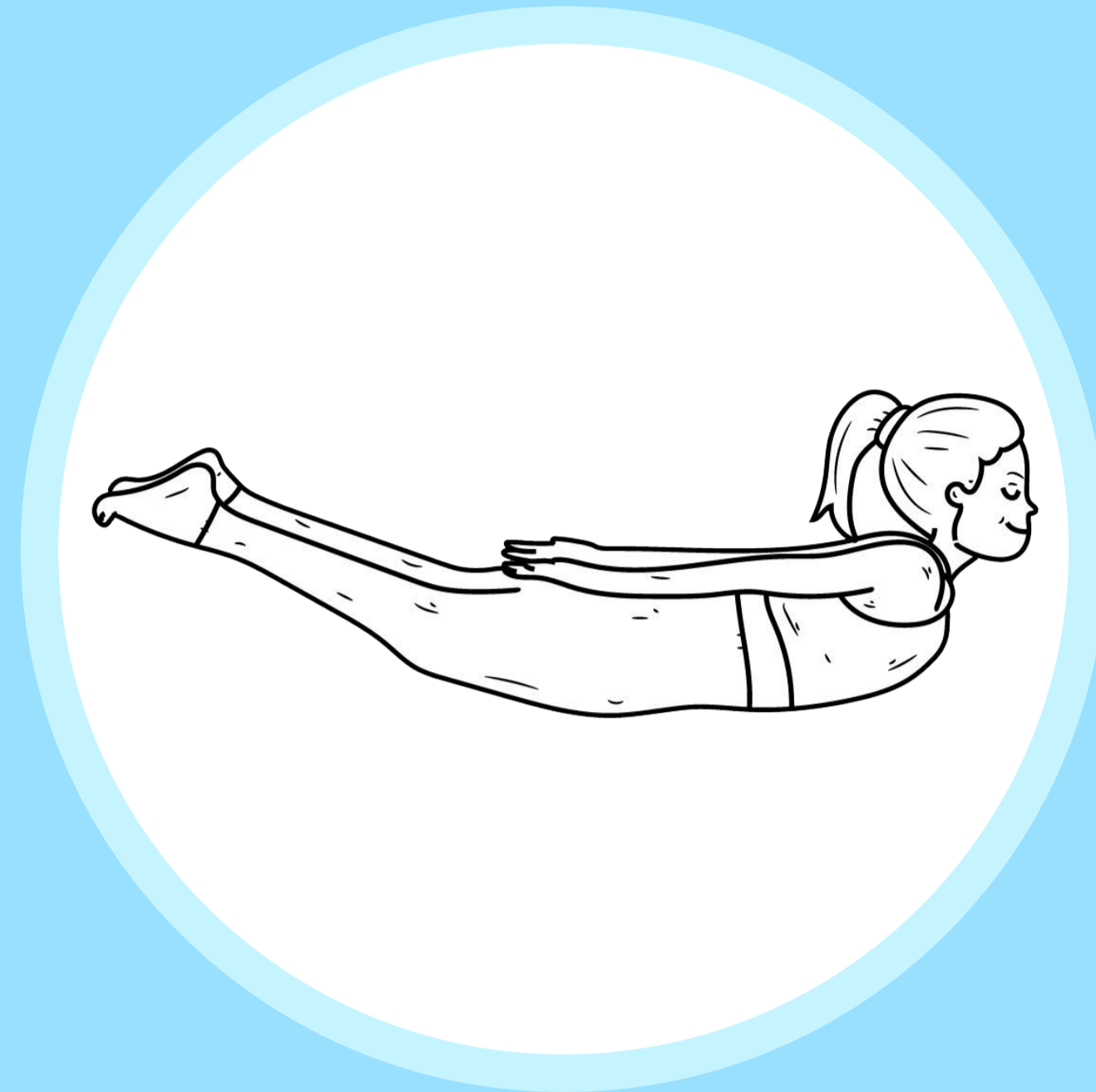
**Kūrmāsana**  
(turtle)



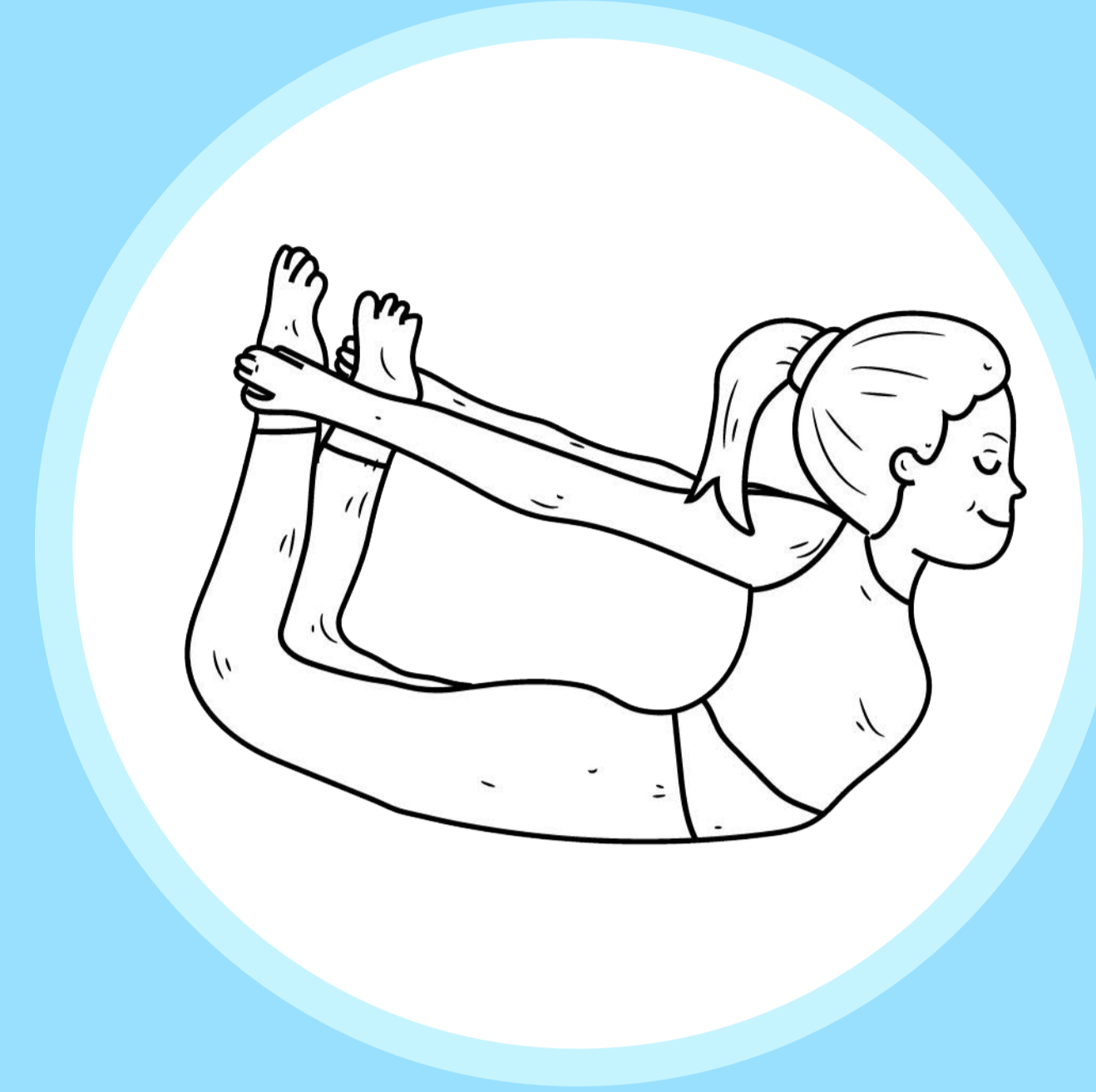
**Ūṣṭrāsana**  
(camel)

# Hamstring and Calves

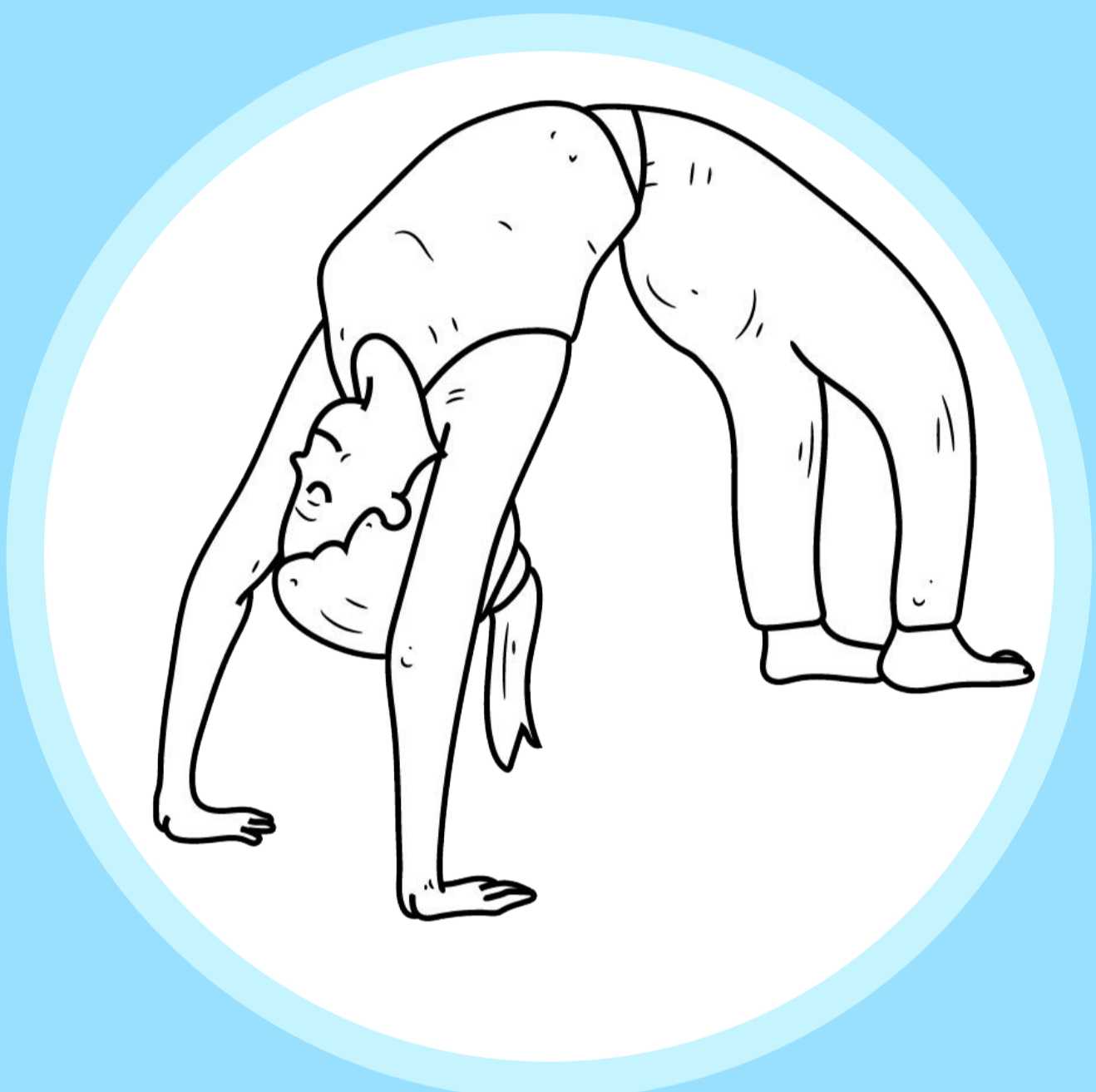
(p. 3 of 6)



Śālābhāṣana  
(locust)



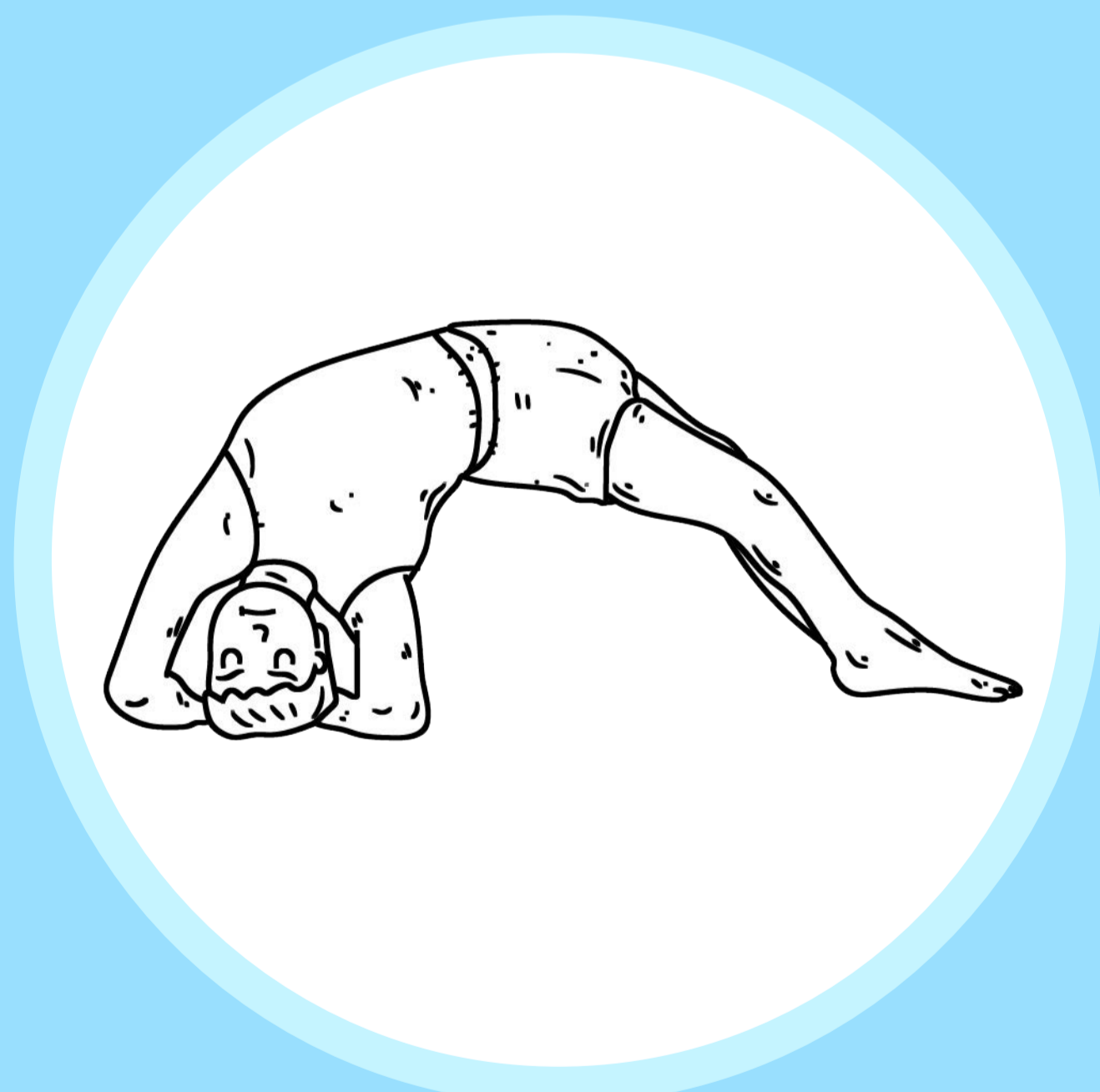
Dhanurāsana  
(bow)



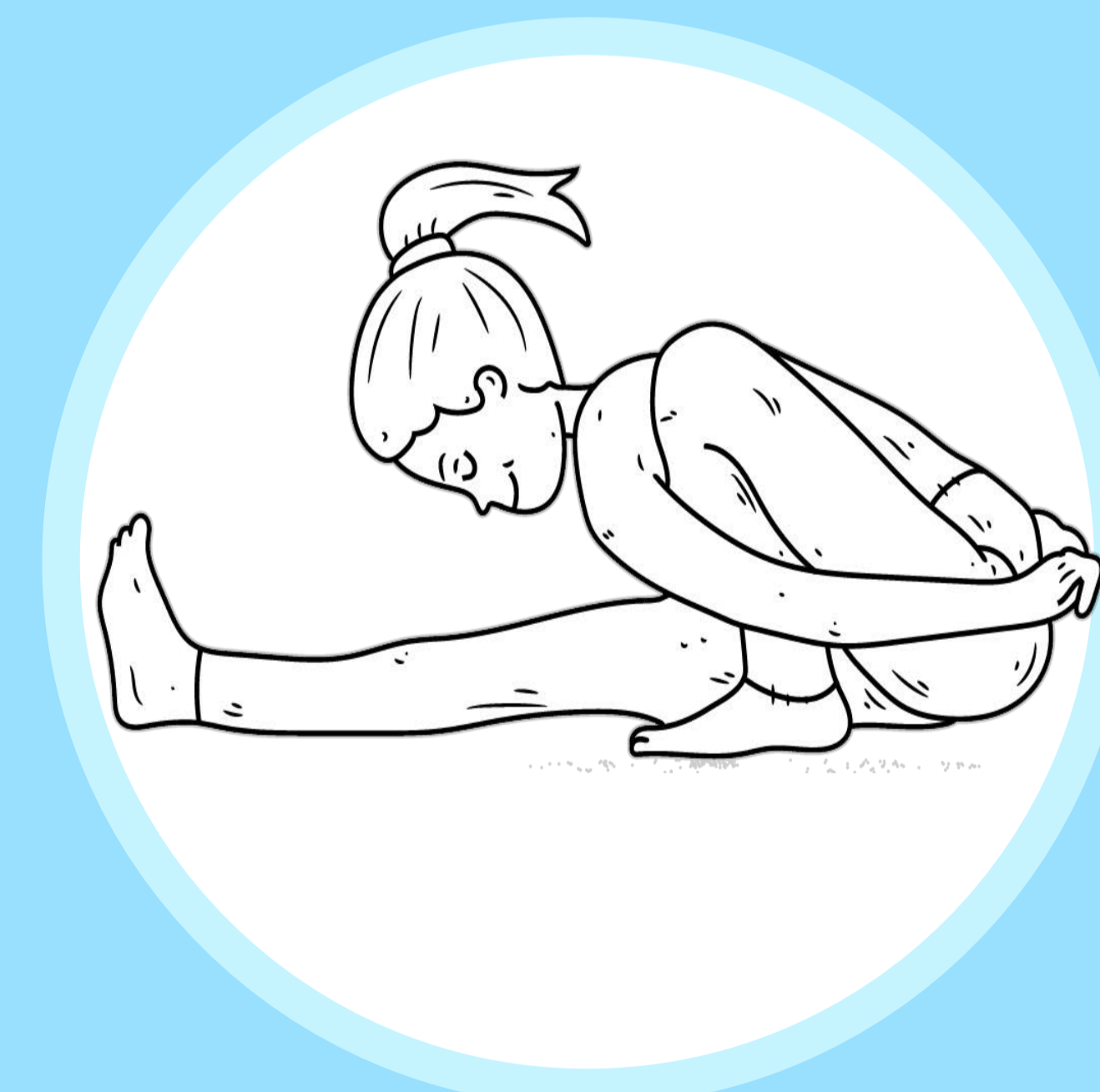
Chakrāsana  
(wheel)



Dwipāda Viparīta Daṇḍāsana  
(two-legged inverted staff)



Maṇḍalāsana  
(circle)



Ardha Marīchyāsana I  
(bound forward fold)

# Hamstring and Calves

(p. 4 of 6)



Mālāsana  
(garland) II



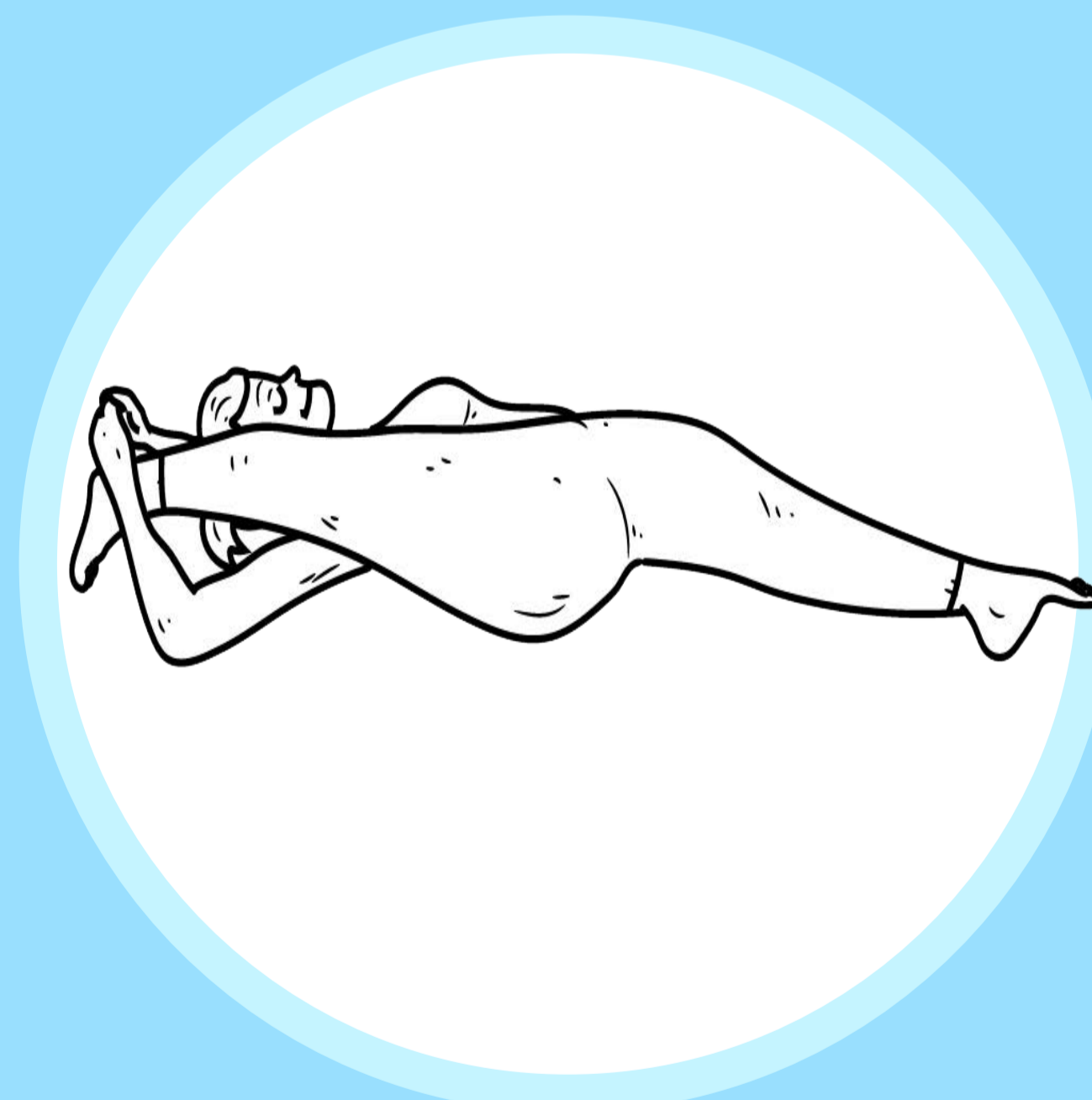
Pāśāsana  
(cord)



Hanumānāsana  
(splits)



Samakoṇāsana  
(even angle)



Supta Trivikramāsana  
(reclining three step)



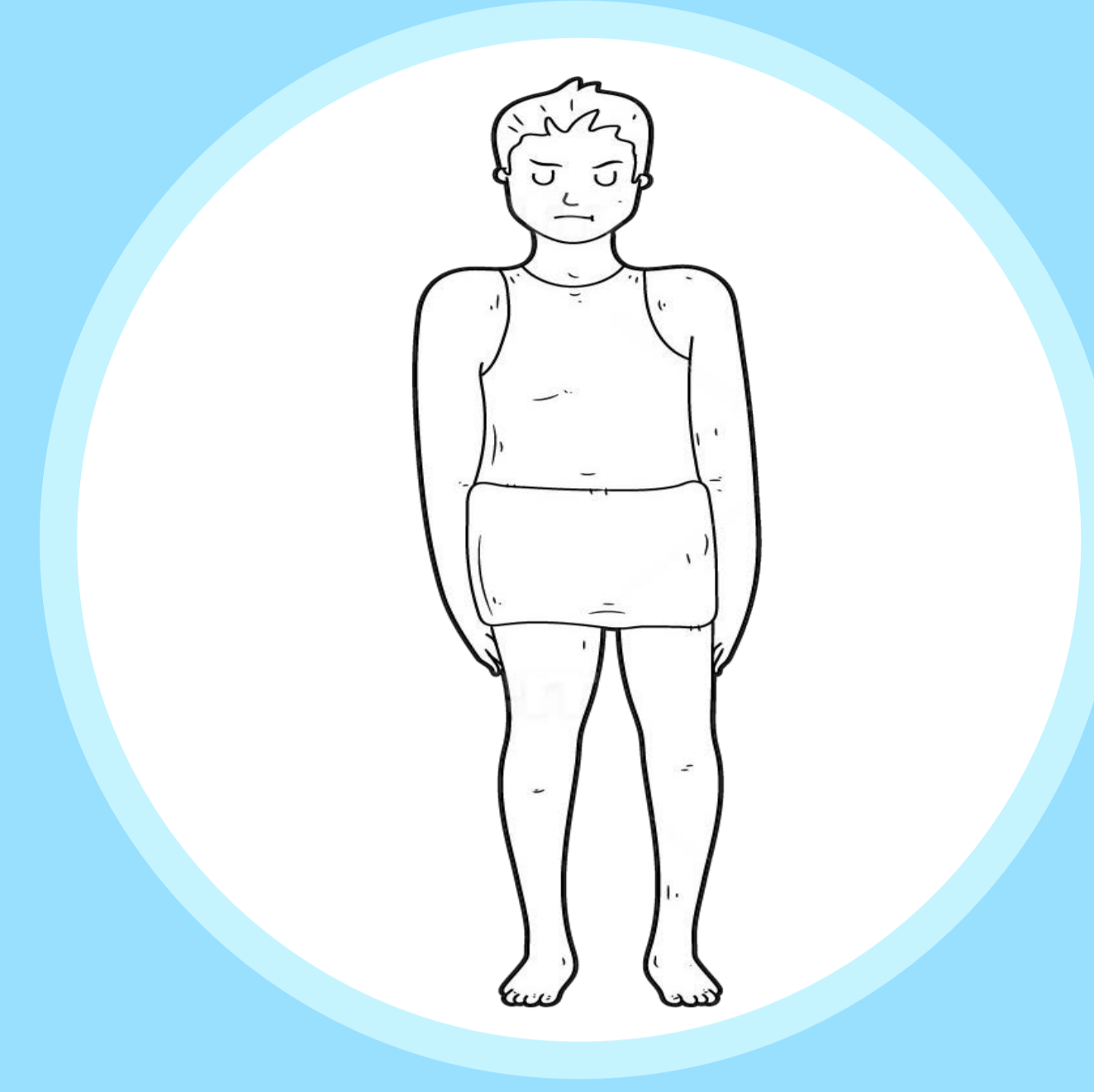
Jānu-Śīrṣāsana  
(head to knee)

# Hamstring and Calves

(p. 5 of 6)



**Utkatasana**  
(chair)



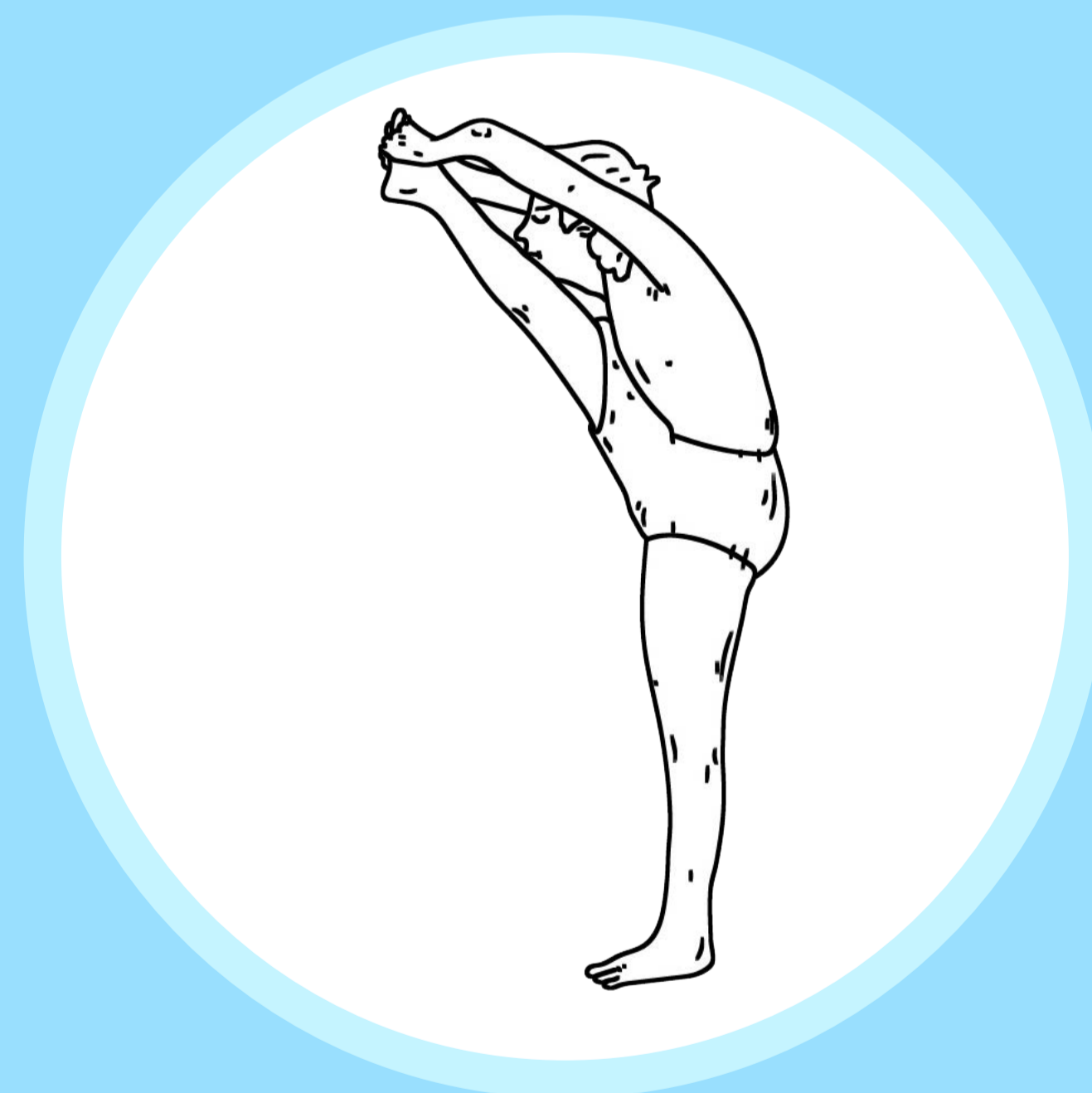
**Tadasana**



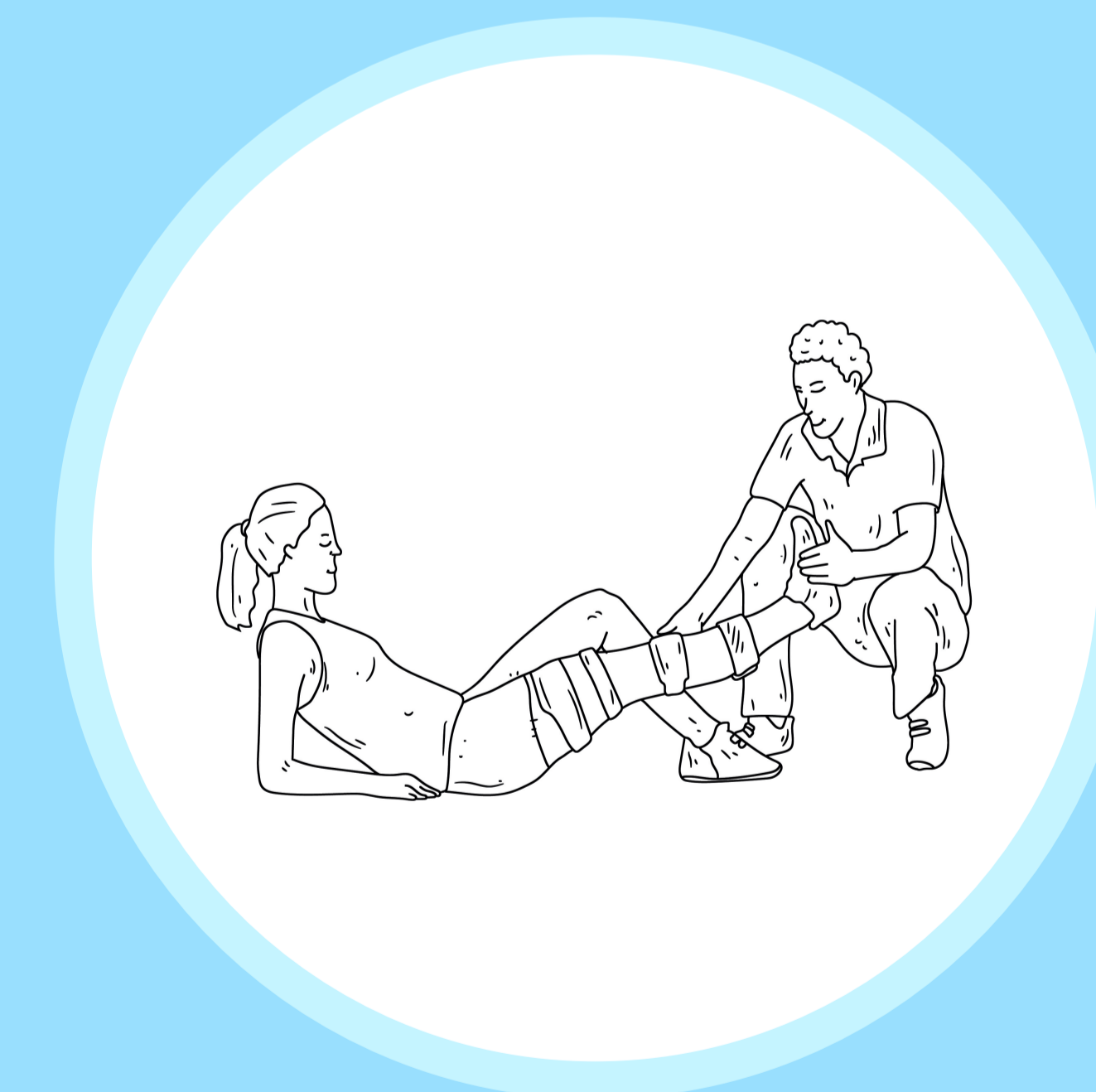
**Uttānāsana**  
(forward fold)



**Utthita Trikonāsana**  
(triangle)



**Utthita Hasta Pādānguṣṭhāsana**  
(extended hand to big toe)



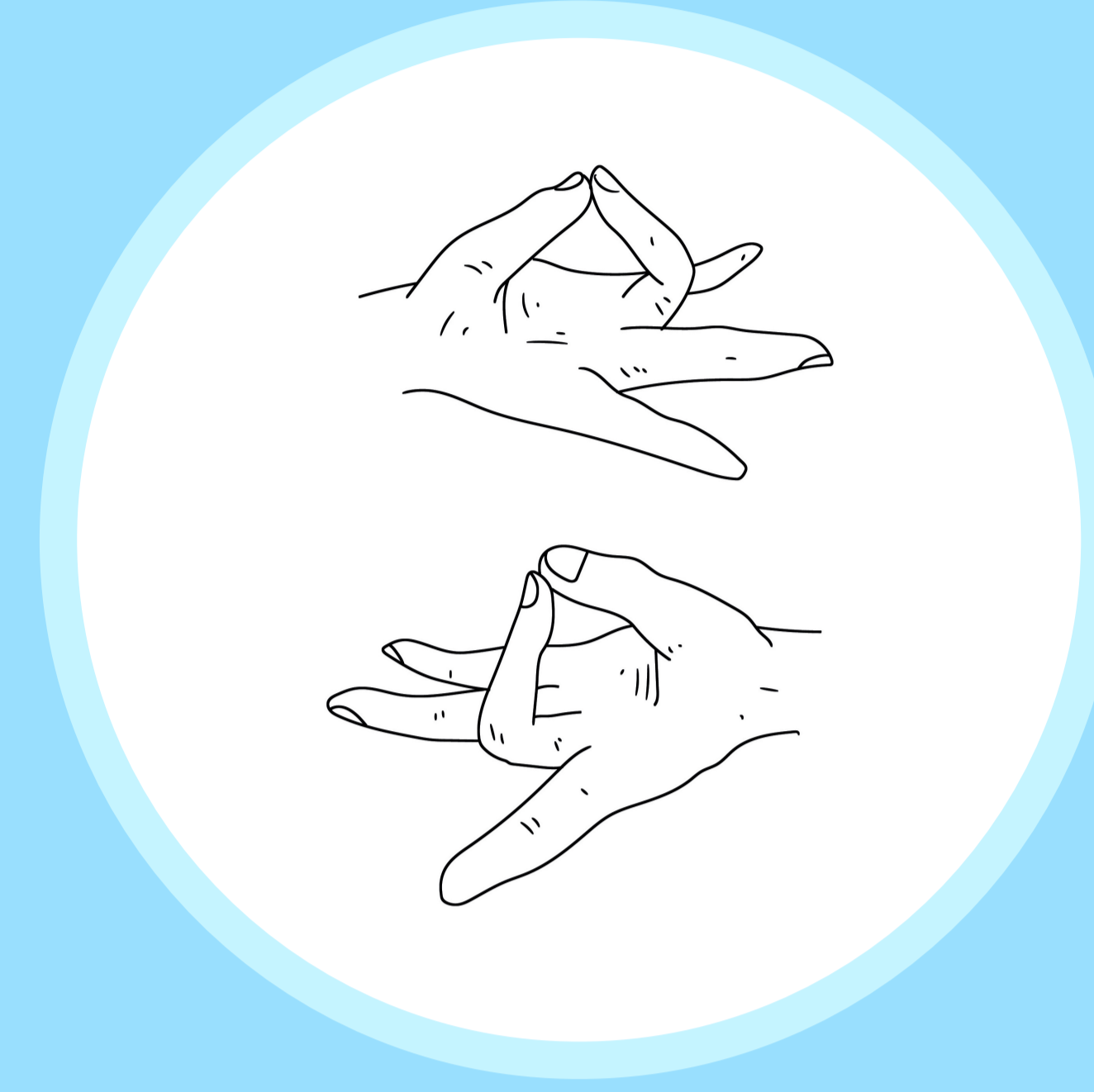
**Find a Great PT**

# Hamstring and Calves

(p. 6 of 6)



Epsom Salt Bath



Joint Mudra



Olive Oil  
(massaged into body)



Magnesium



Adhomukha Śvānāsana  
(downward dog)