

Misaligned Arms (p. 1 of 3)



Any Standing Posture



Parvatāsana
(mountain)



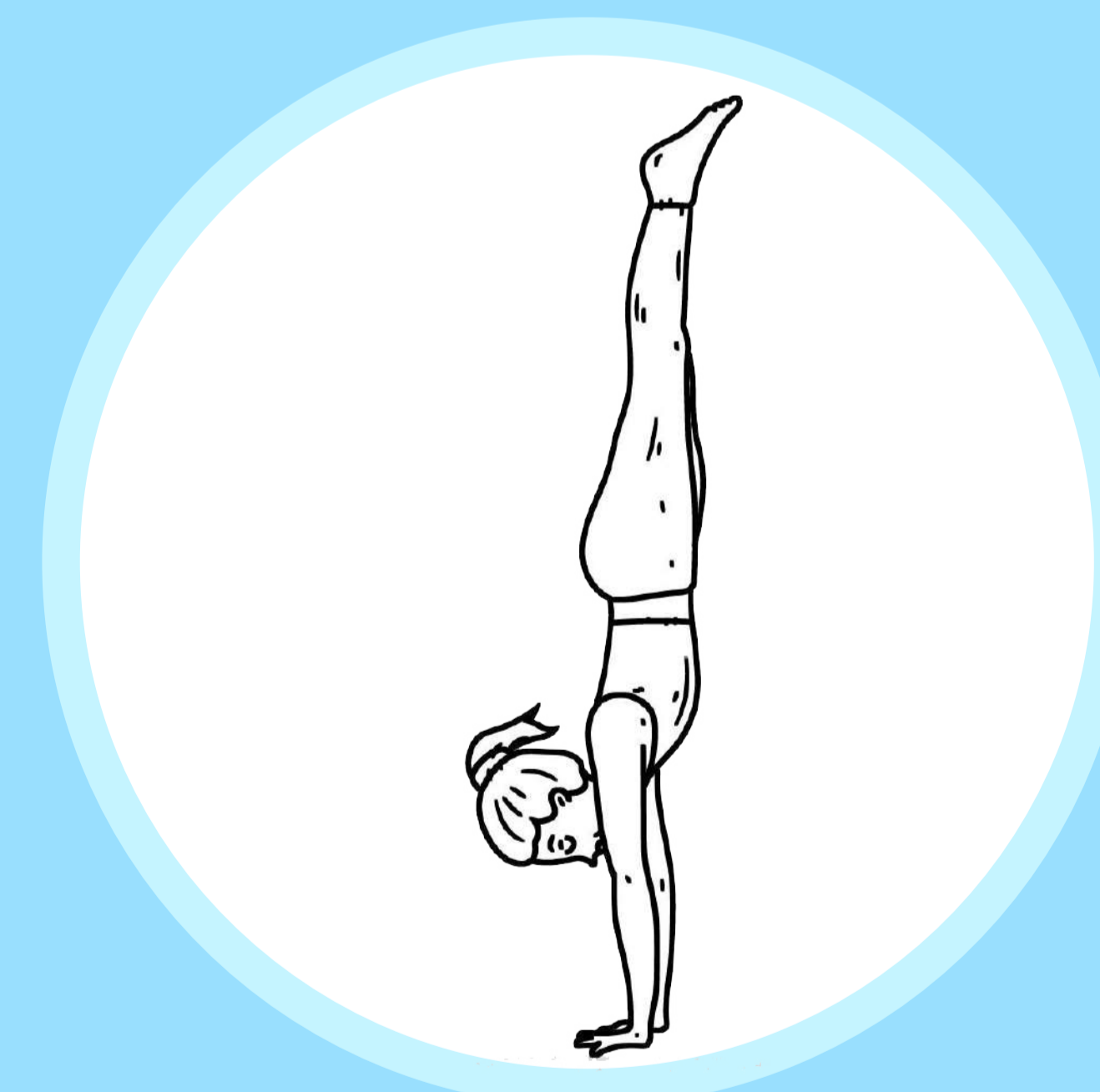
Halāsana
(plow)



Ūrdhva Mukha Śvānāsana
(upward dog)



Adhomukha Śvānāsana
(downward dog)

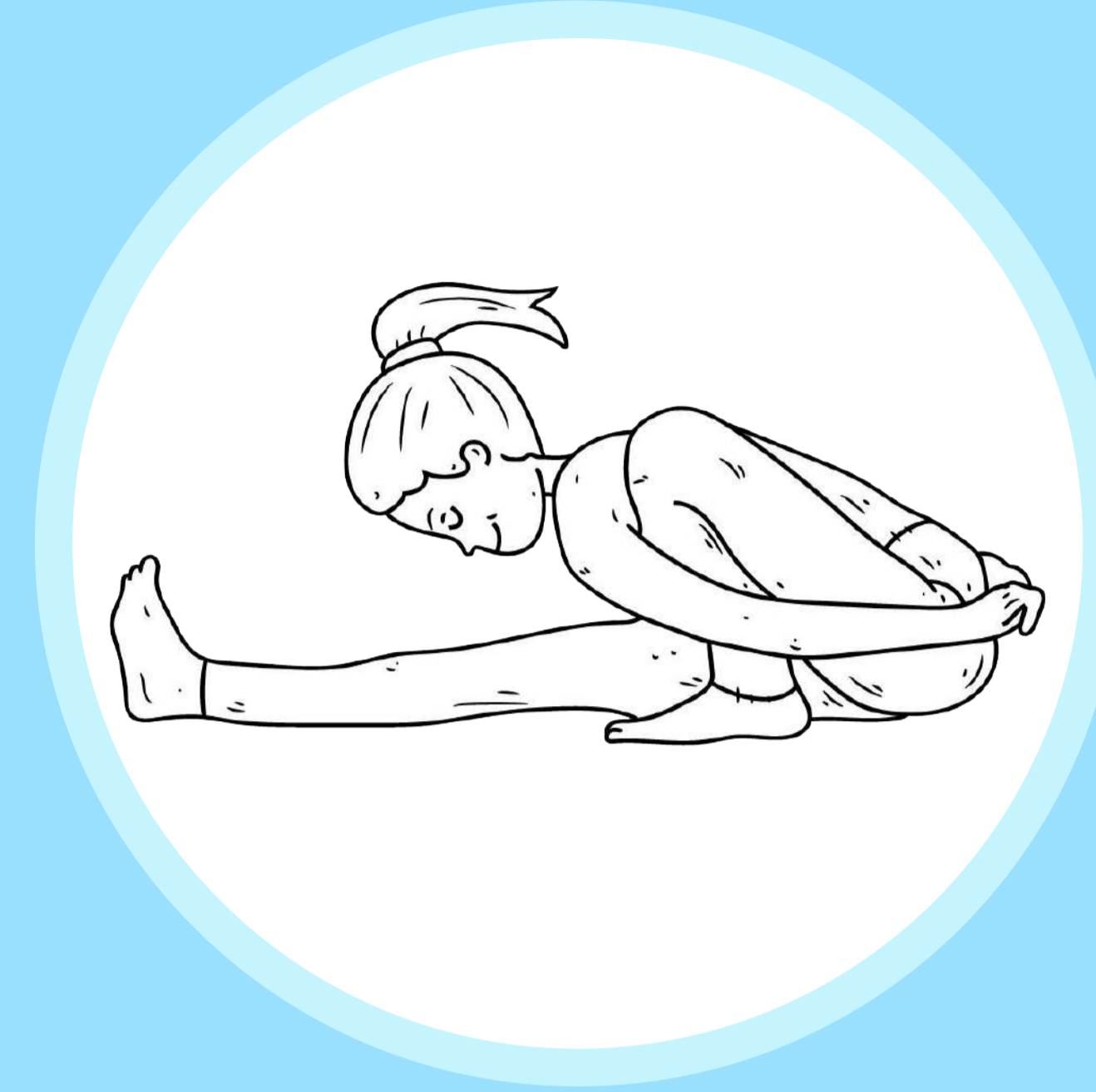


Adhomukha Vṛkṣāsana
(handstand)

Misaligned Arms (p. 2 of 3)



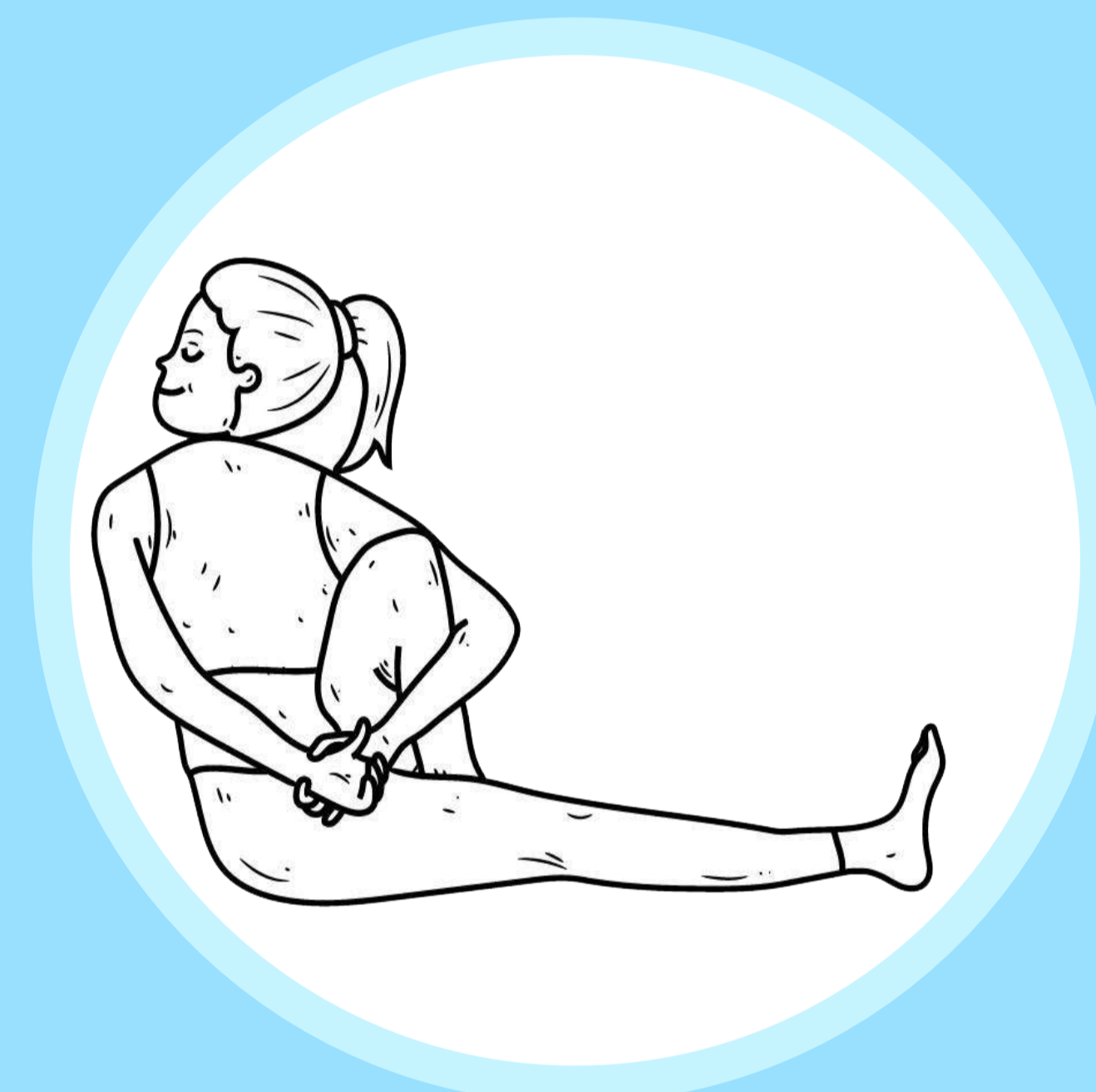
Gomukhāsana
(cow face)



Ardha Marīchyāsana I
(bound forward fold)



Ardha Marīchyāsana II
(half lotus bound forward fold)



Ardha Marīchyāsana III
(bound twist)



Ardha Marīchyāsana IV
(half lotus bound twist)



Baddha Padmāsana
(bound lotus)

Misaligned Arms (p. 3 of 3)



Mālāsana
(garland) I



Pāśāsana
(cord)



Find a Great PT