

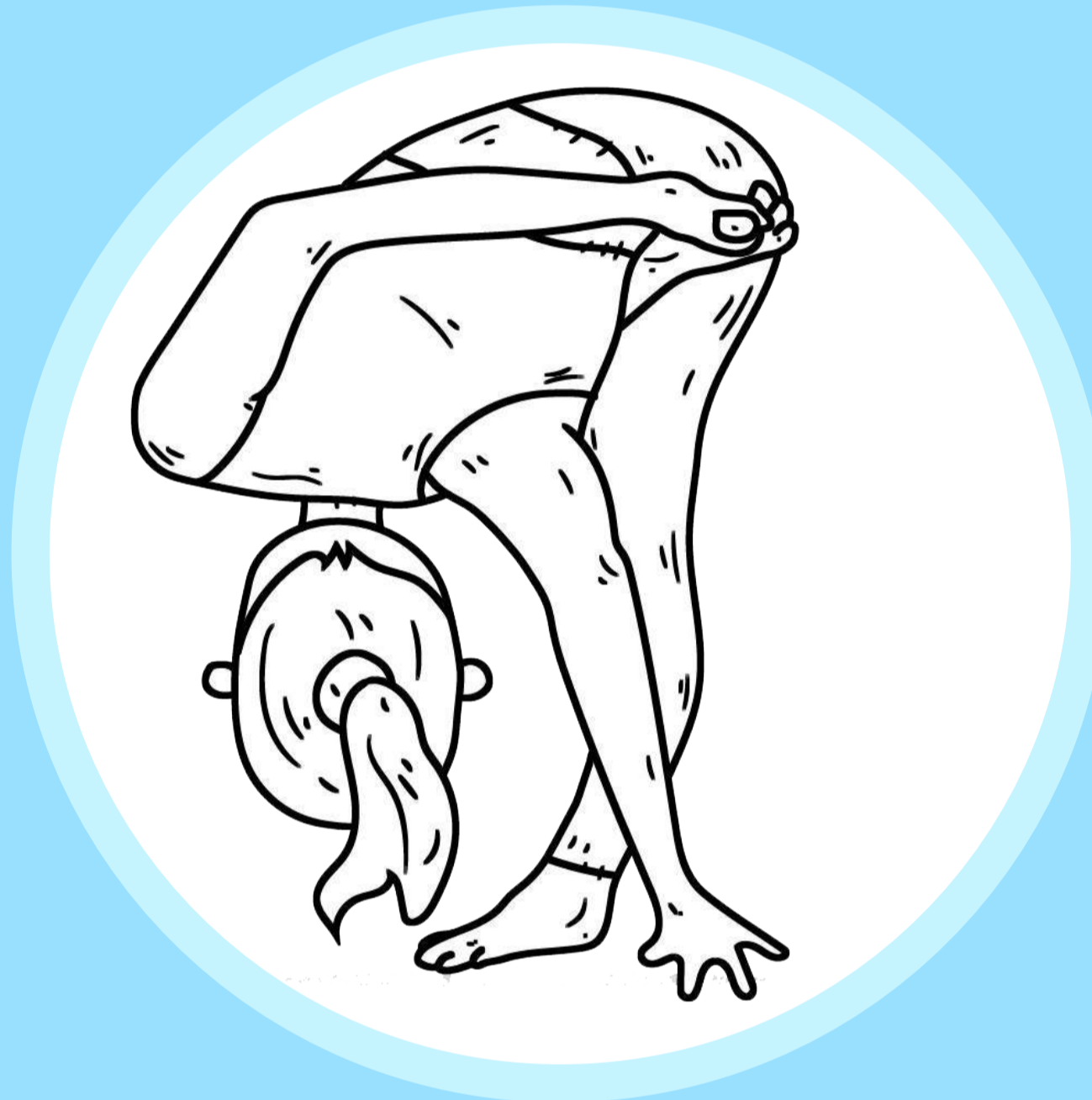
Legs (p. 1 of 7)



Any Standing Posture



Jānu-Śīrṣāsana
(head to knee)



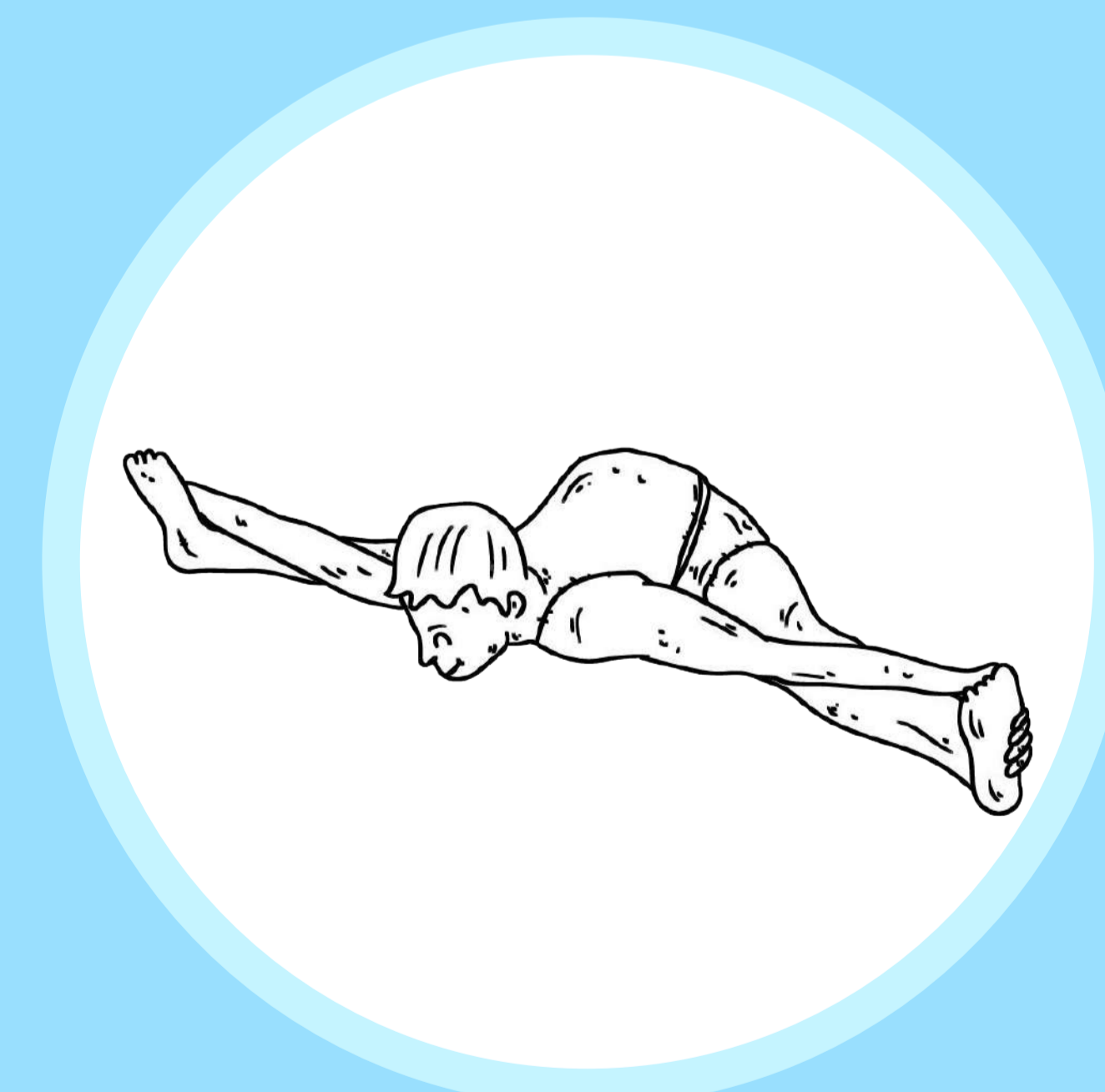
Ardha Baddha Padma Paschimottānāsana
(half bound lotus standing forward bend)



Triang Mukhaikapāda Paschimottānāsana
(three limbs west stretch)



Krounchāsana

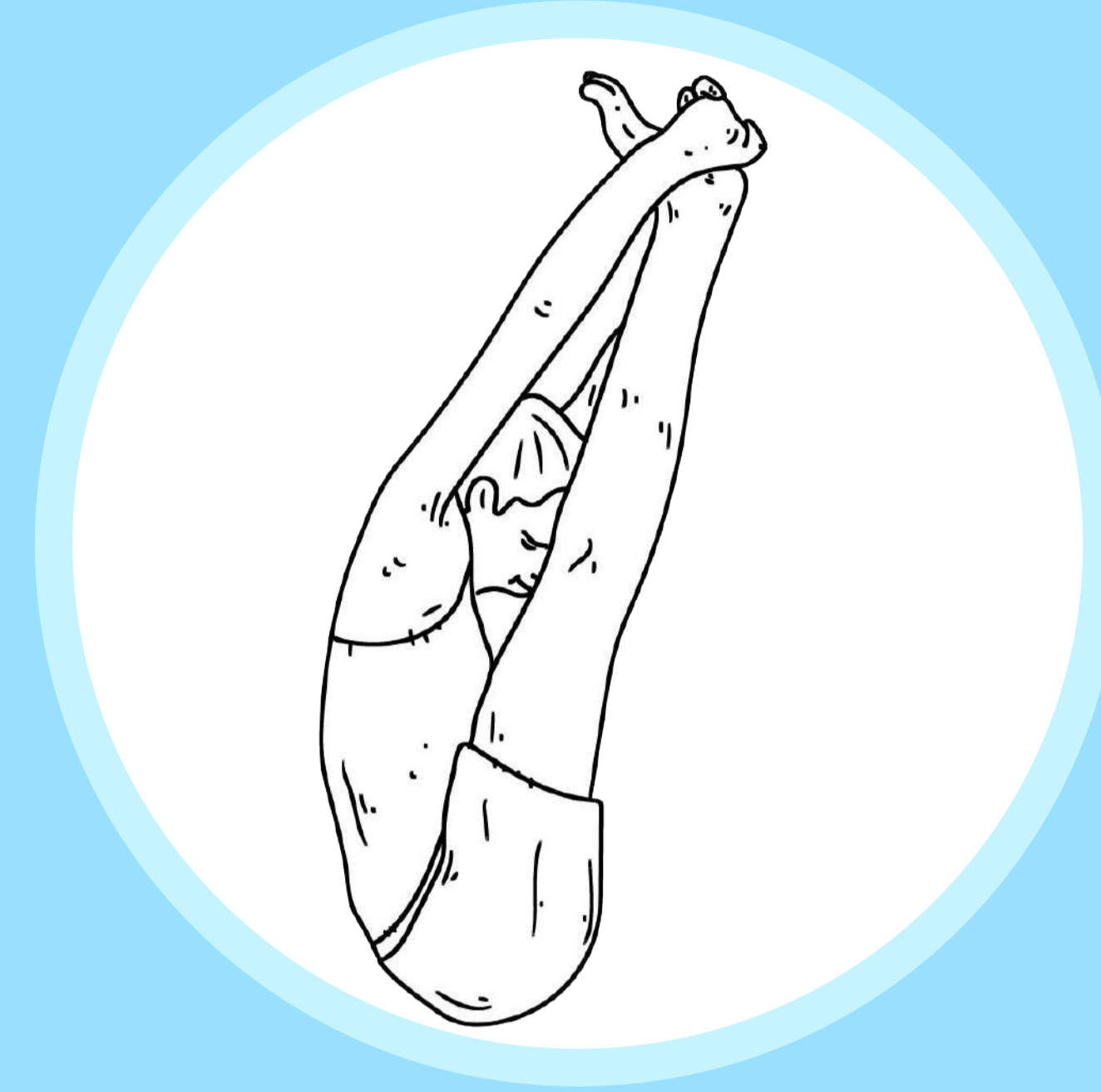


Upaviṣṭha Koṇāsana
(seated angle)

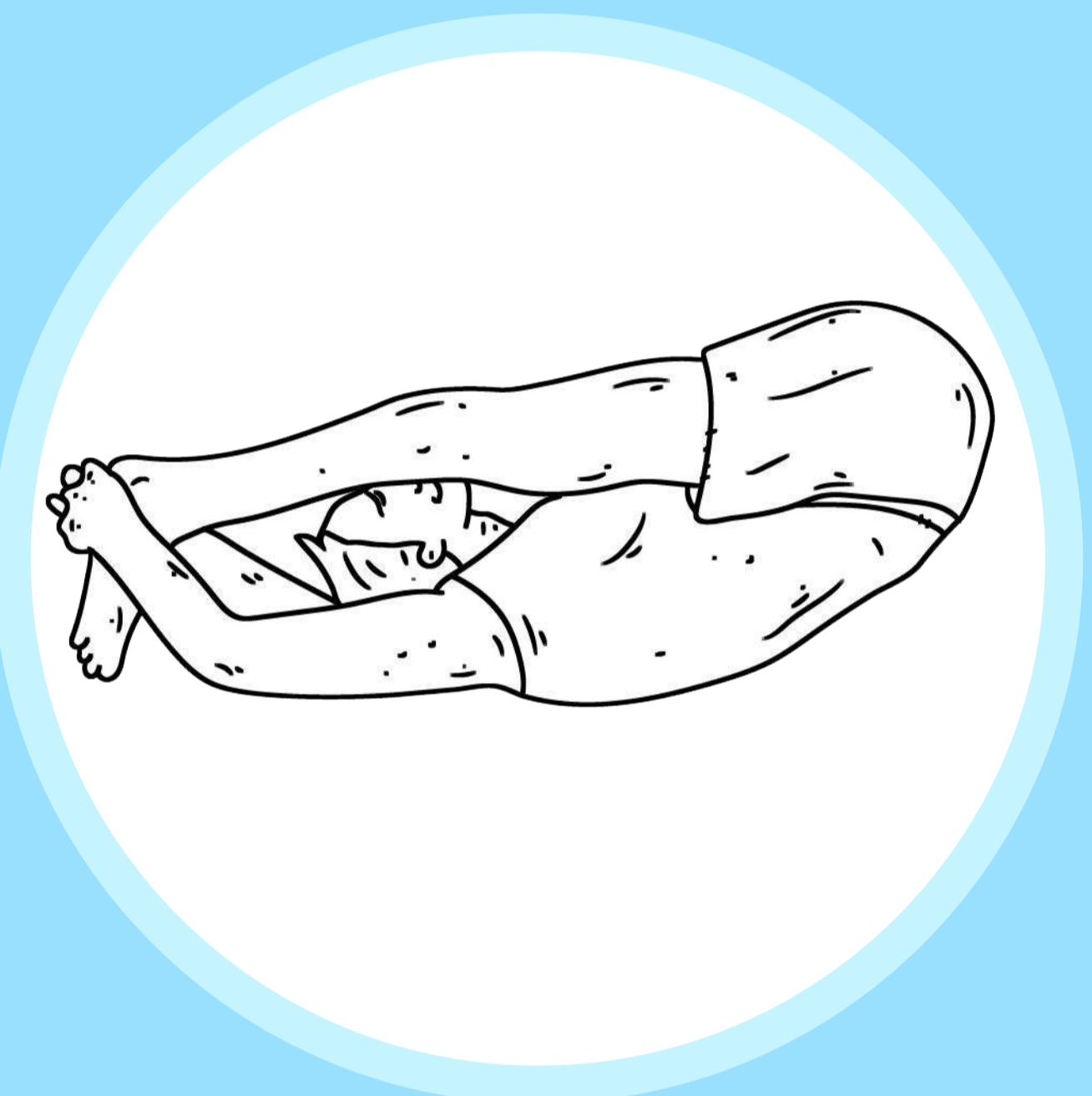
Legs (p. 2 of 7)



Ubhaya Pādānguṣṭhāsana
(upward staff)



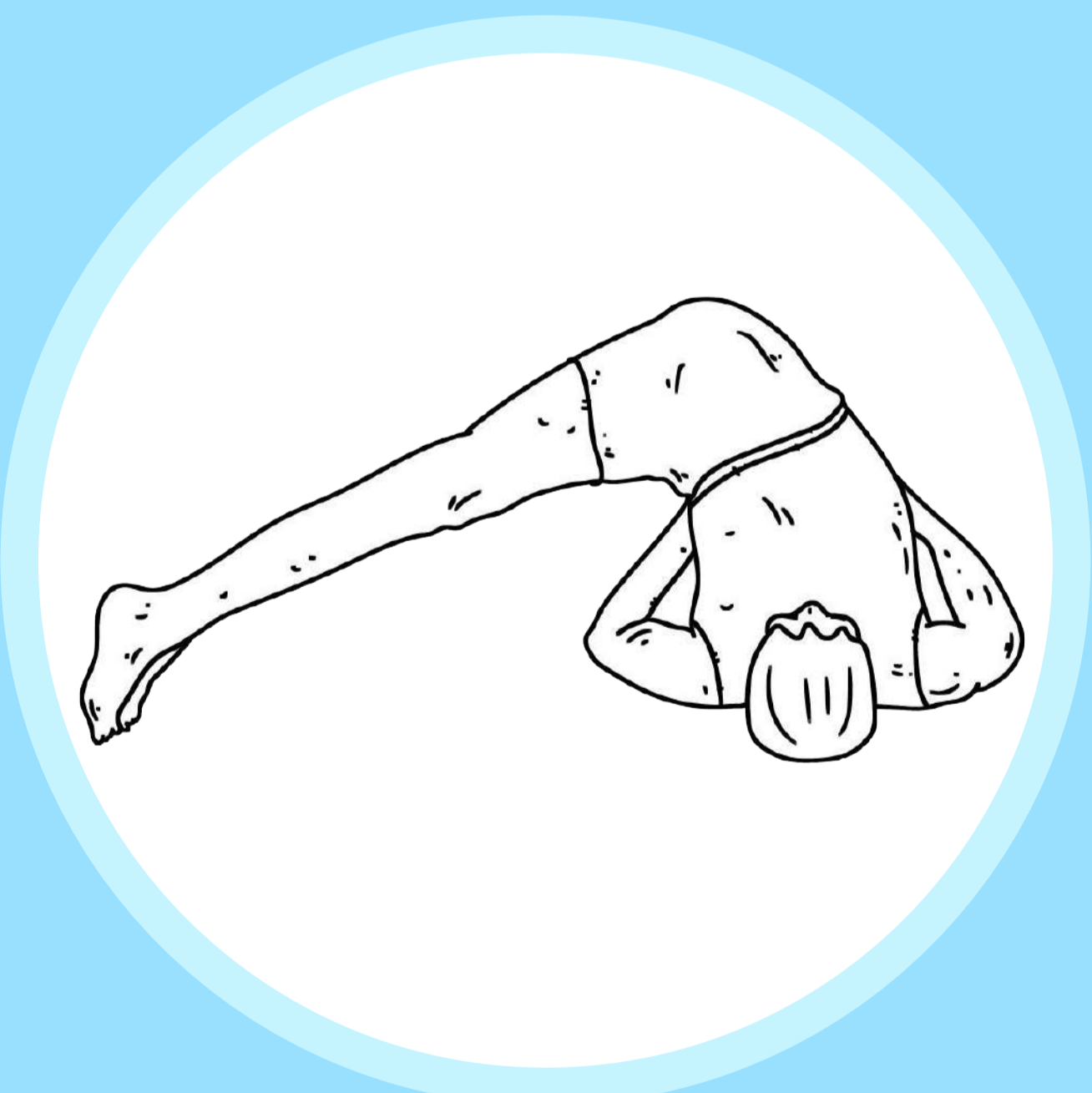
Ūrdhvamukha Paschimottānāsana I
(upward staff)



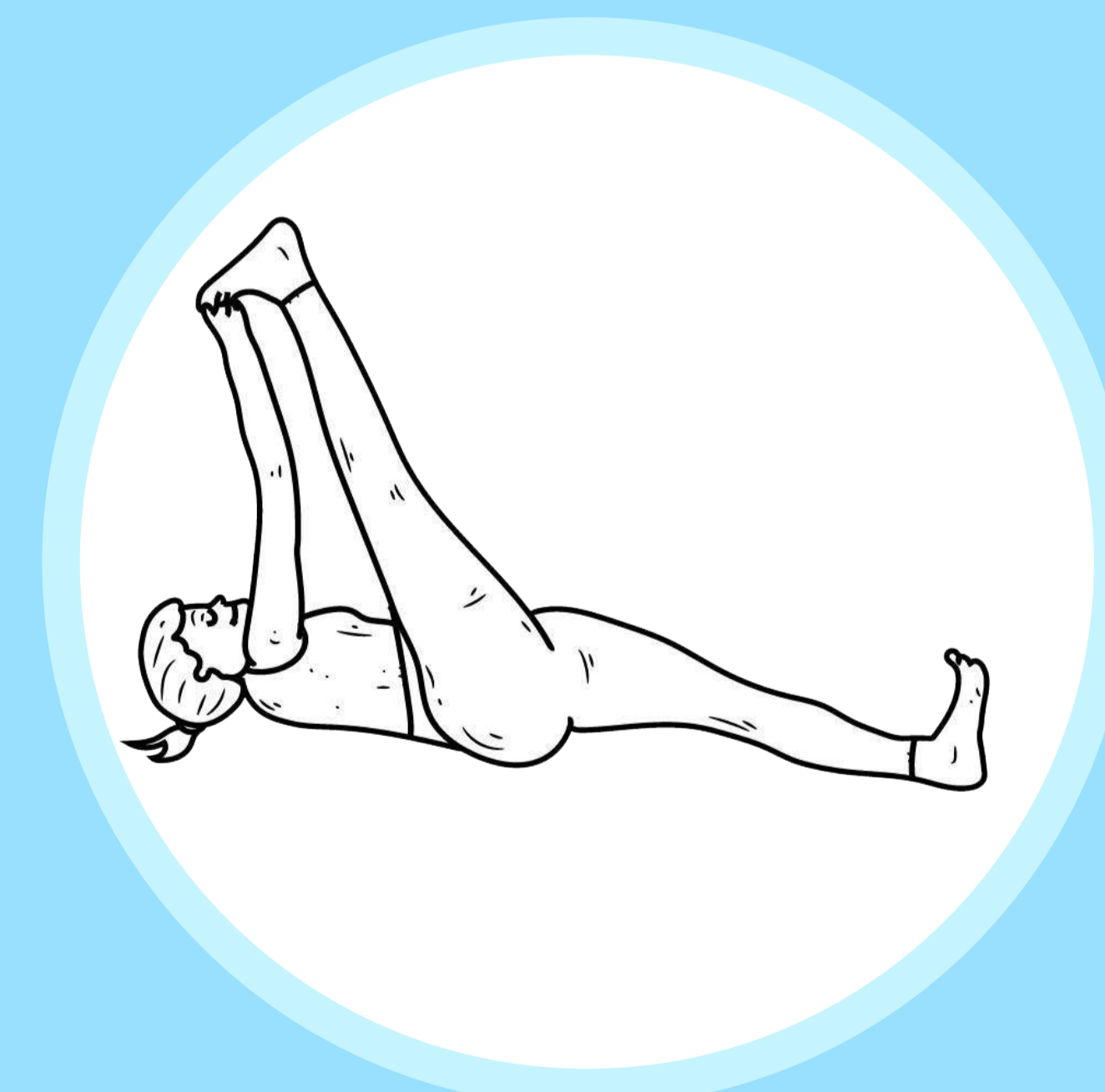
Ūrdhvamukha Paschimottānāsana II
(inverted staff)



Halāsana
(plow)



Pārśva Halāsana
(side plow)



Supta Pādānguṣṭhāsana
(reclined big toe)

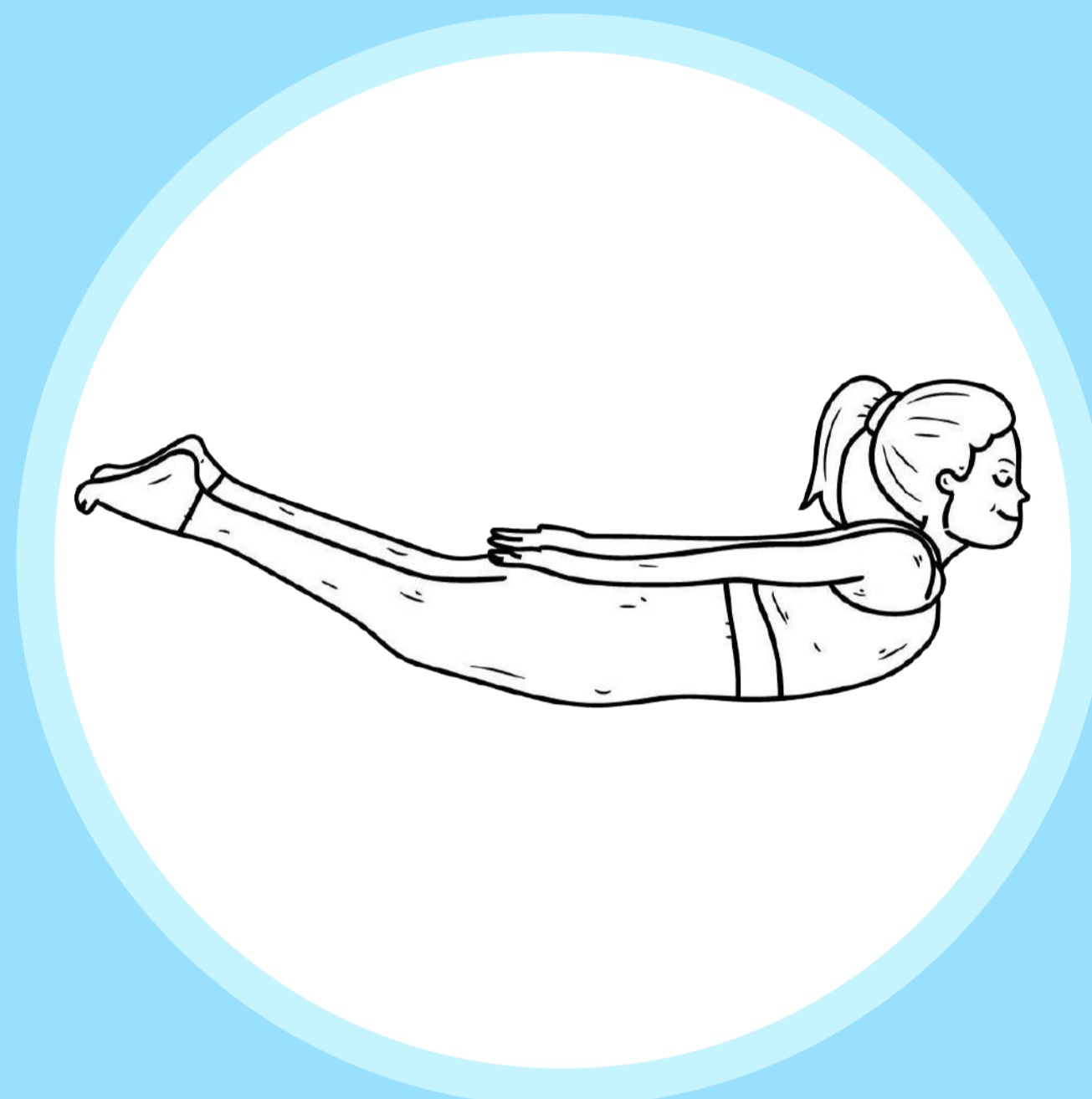
Legs (p. 3 of 7)



Anantāsana
(side reclining)



Adhomukha Śvānāsana
(downward dog)



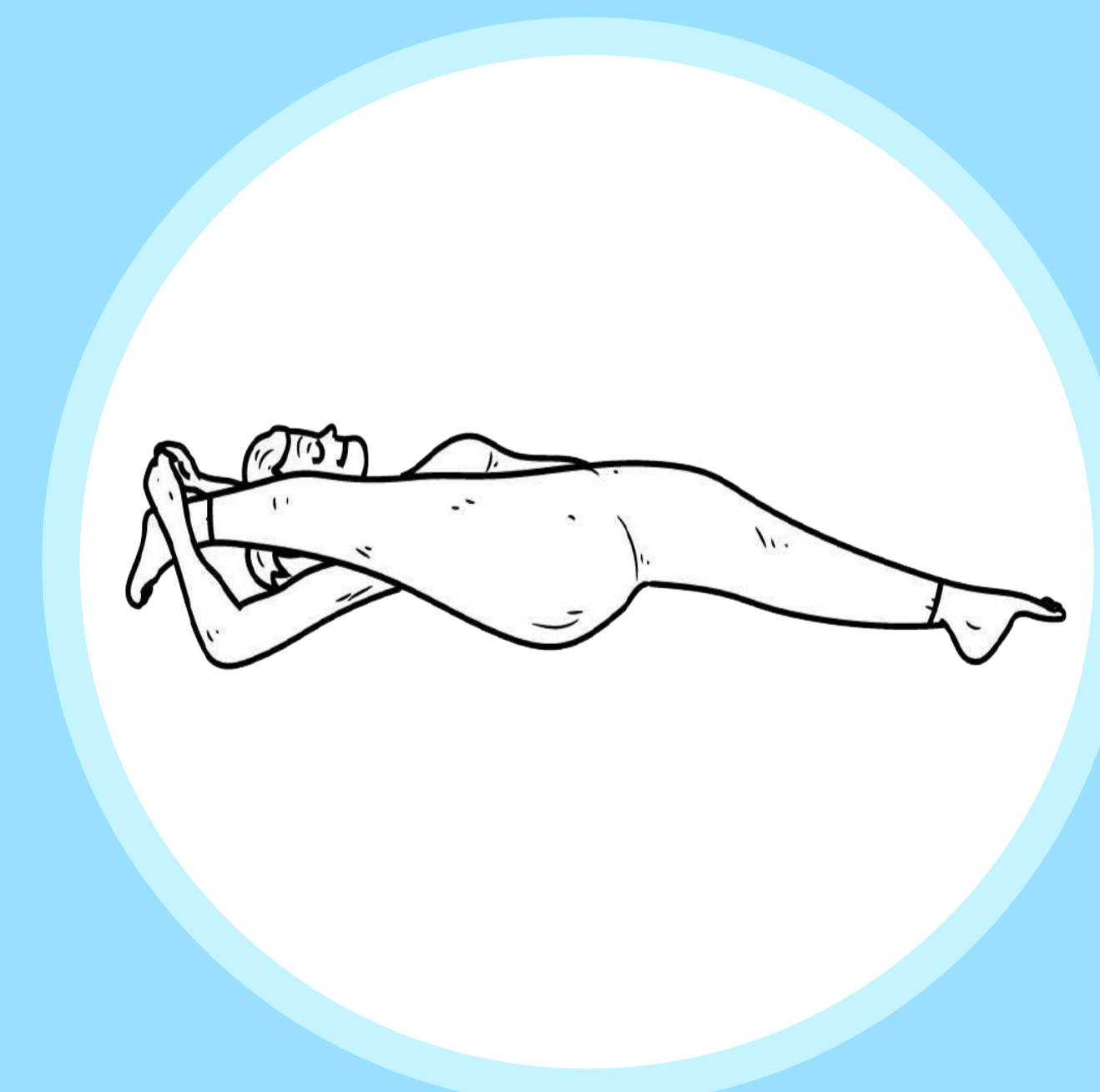
Śālabhāsana
(locust)



Hanumānāsana
(splits)



Samakoṅāsana
(even angle)



Supta Trivikramāsana
(reclining three step)

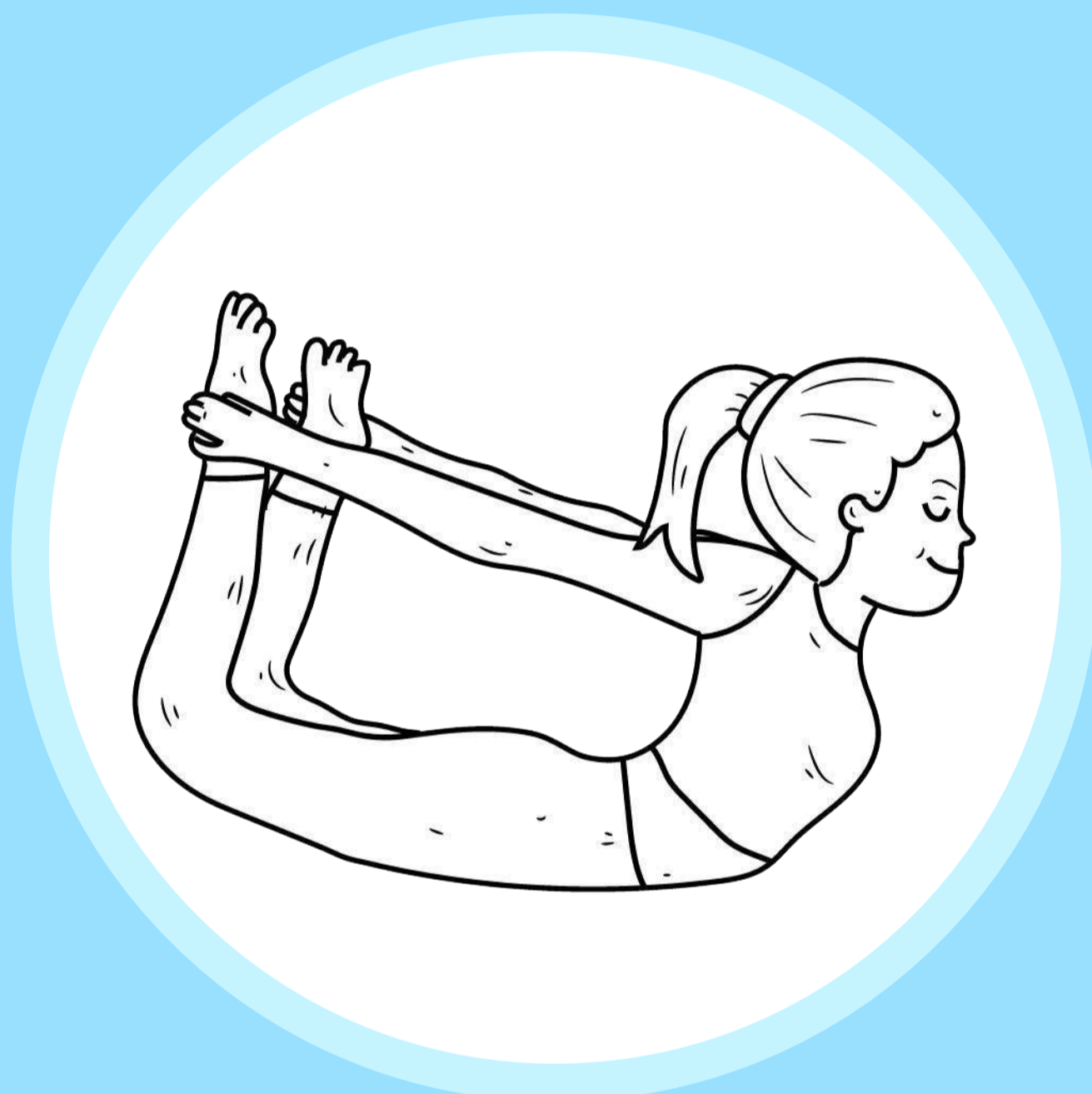
Legs (p. 4 of 7)



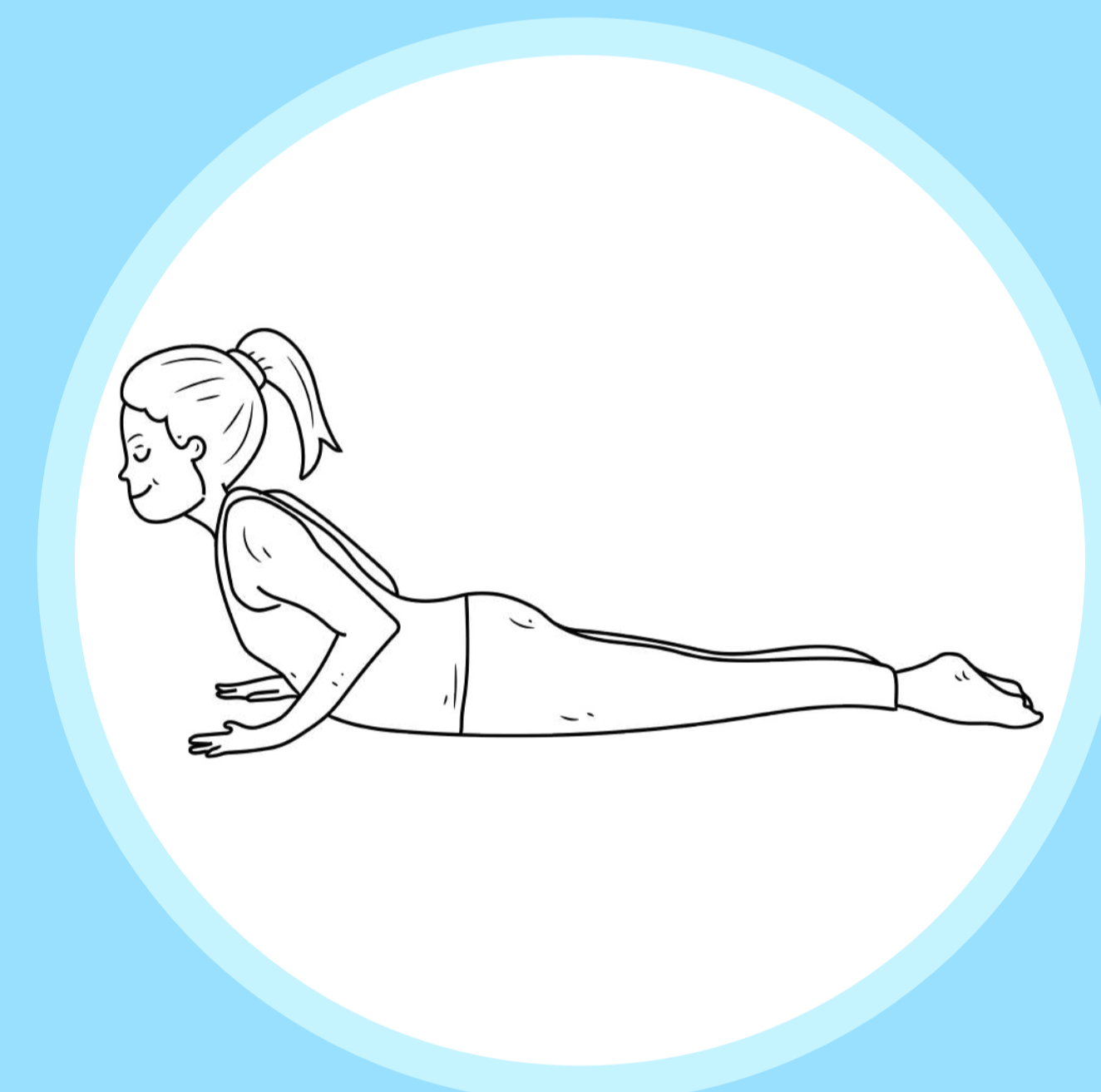
Paschimottānāsana
(staff)



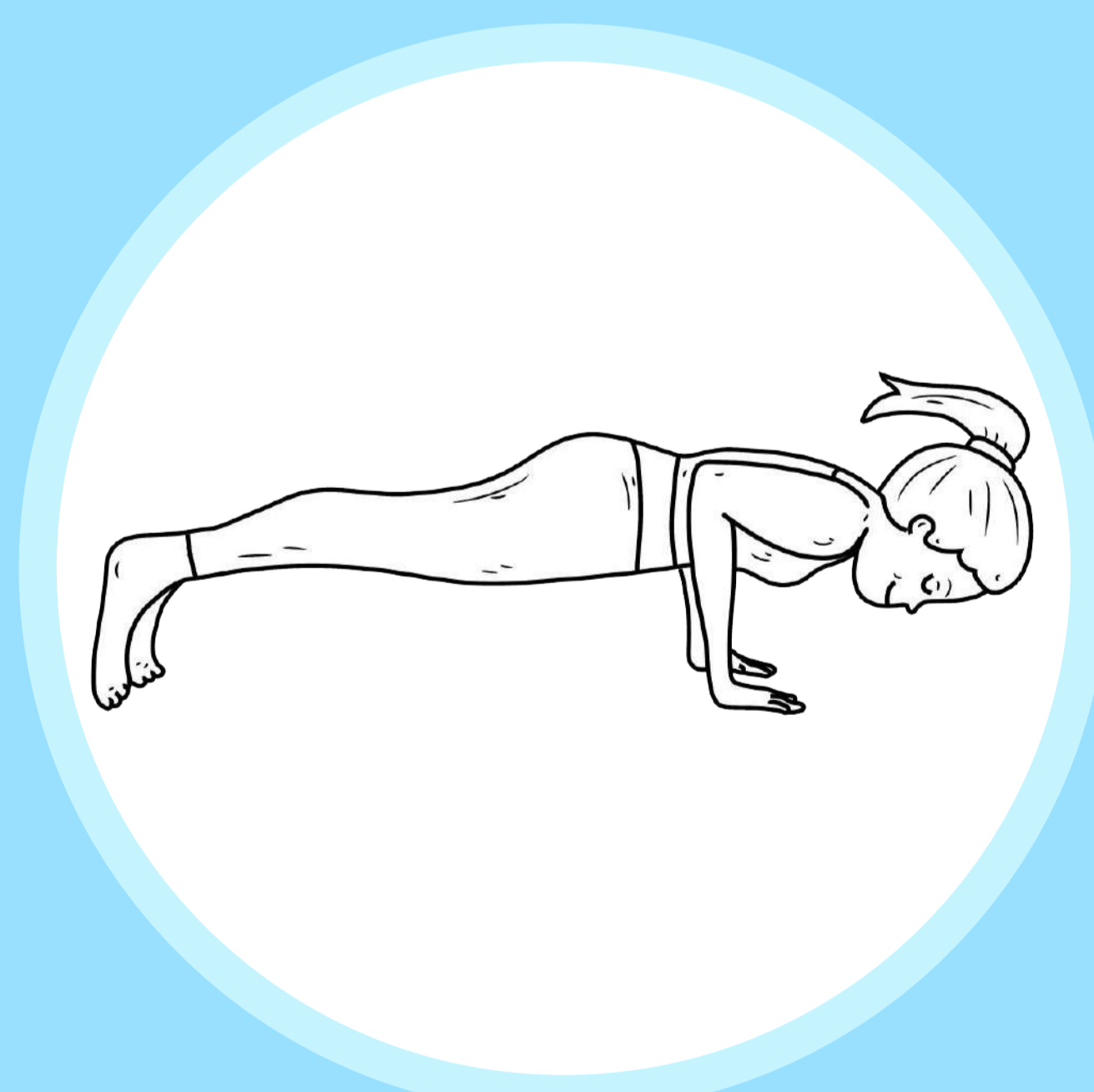
Nāvāsana
(boat)



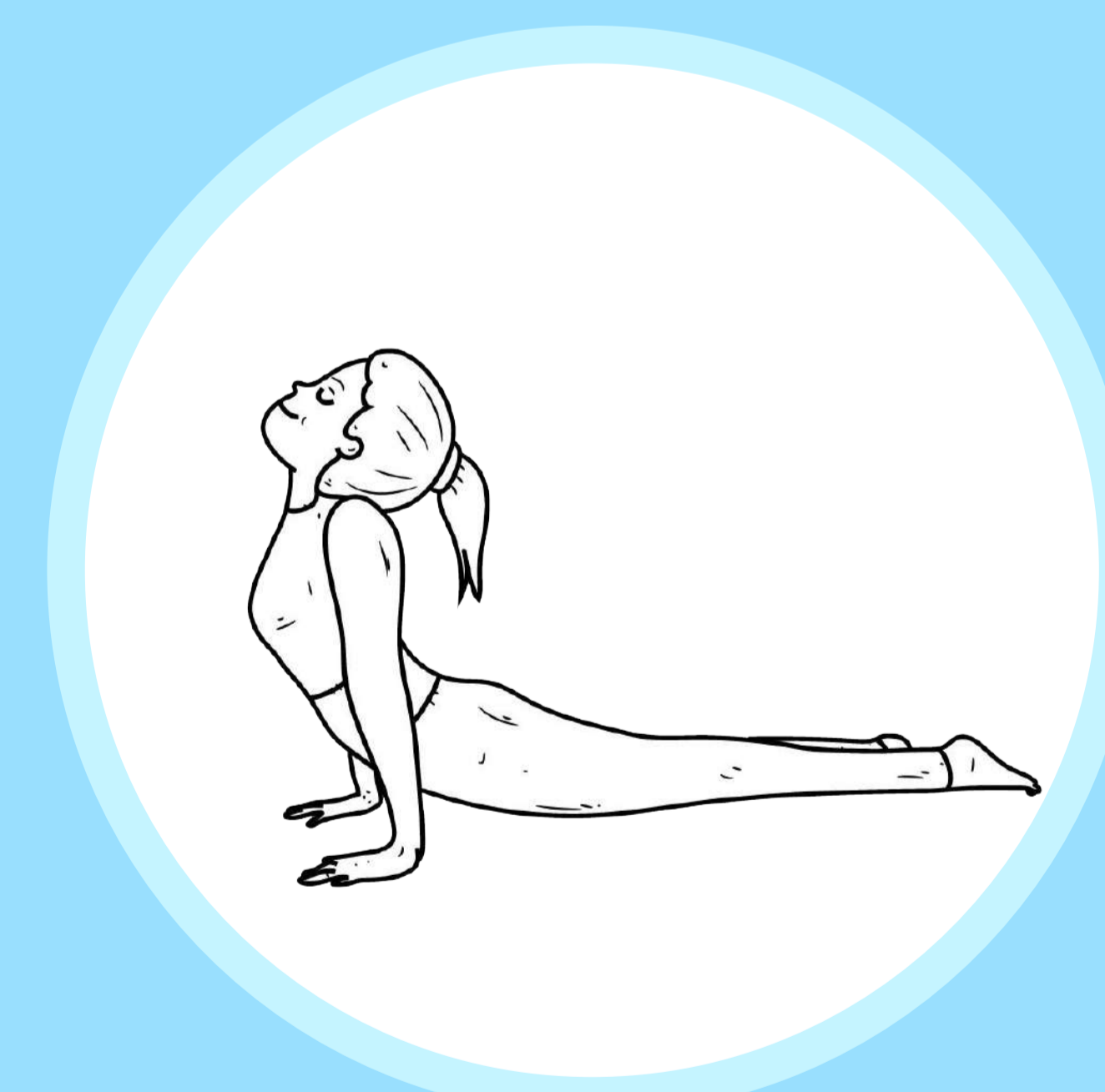
Dhanurāsana
(bow)



Bhujangāsana I
(cobra I)



Chaturanga Daṇḍāsana
(low plank)



Ūrdhva Mukha Śvānāsana
(upward dog)

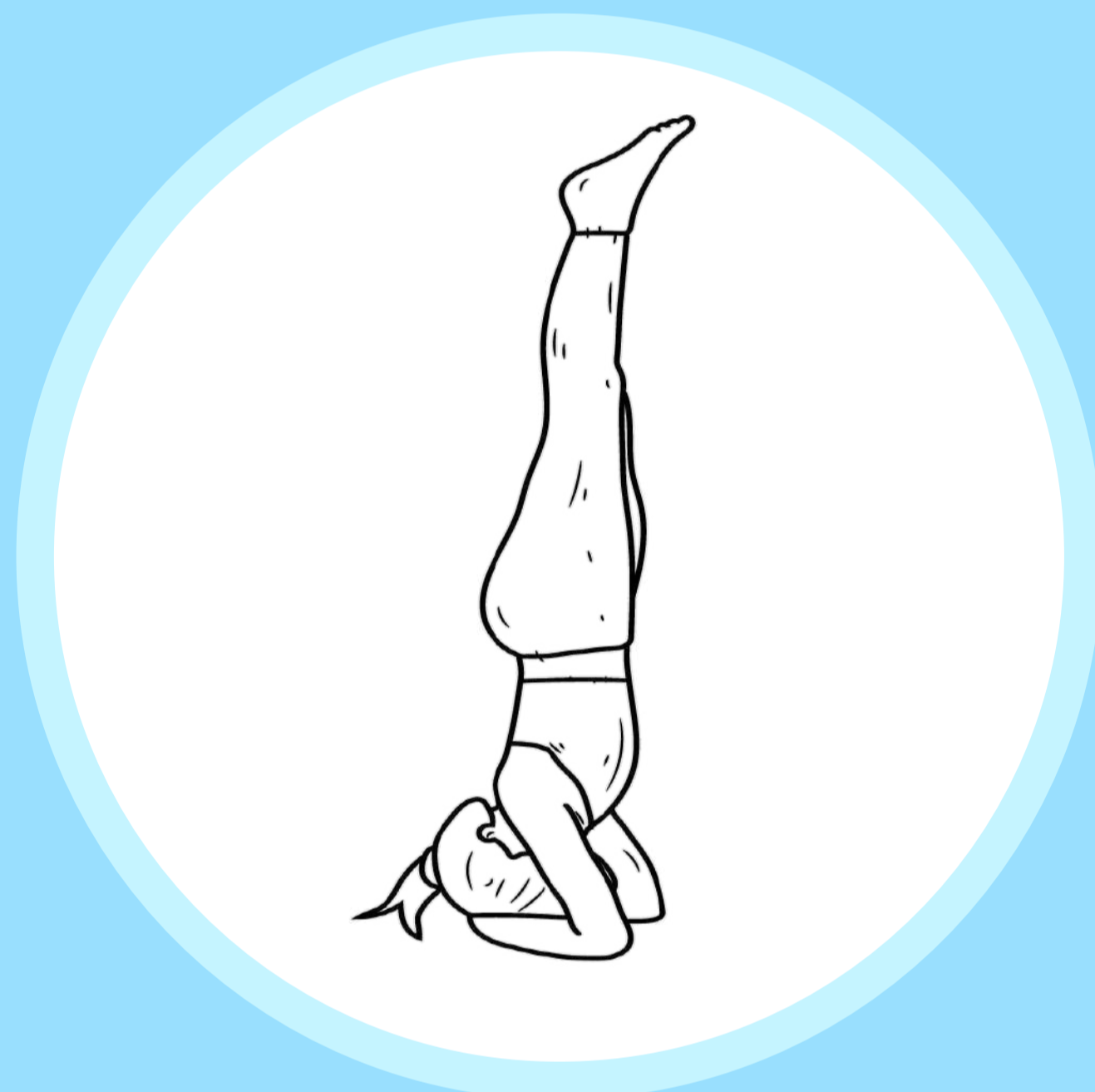
Legs (p. 5 of 7)



Pincha Mayūrāsana
(peacock feather)



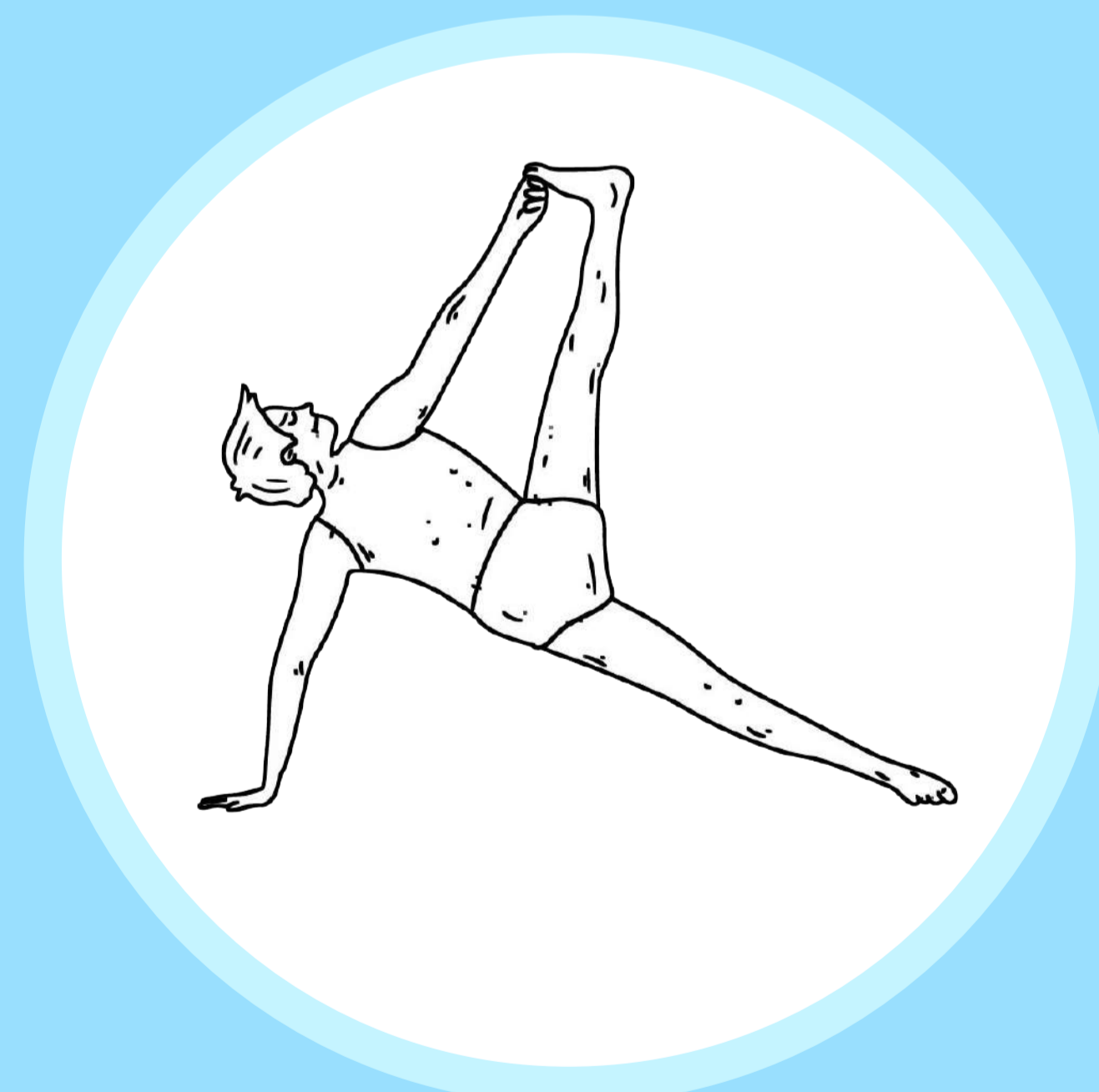
Adhomukha Vr̥kṣāsana
(handstand)



Sālamba Śīrṣāsana
(supported headstand)



Ekapāda Śīrṣāsana
(foot behind the head)

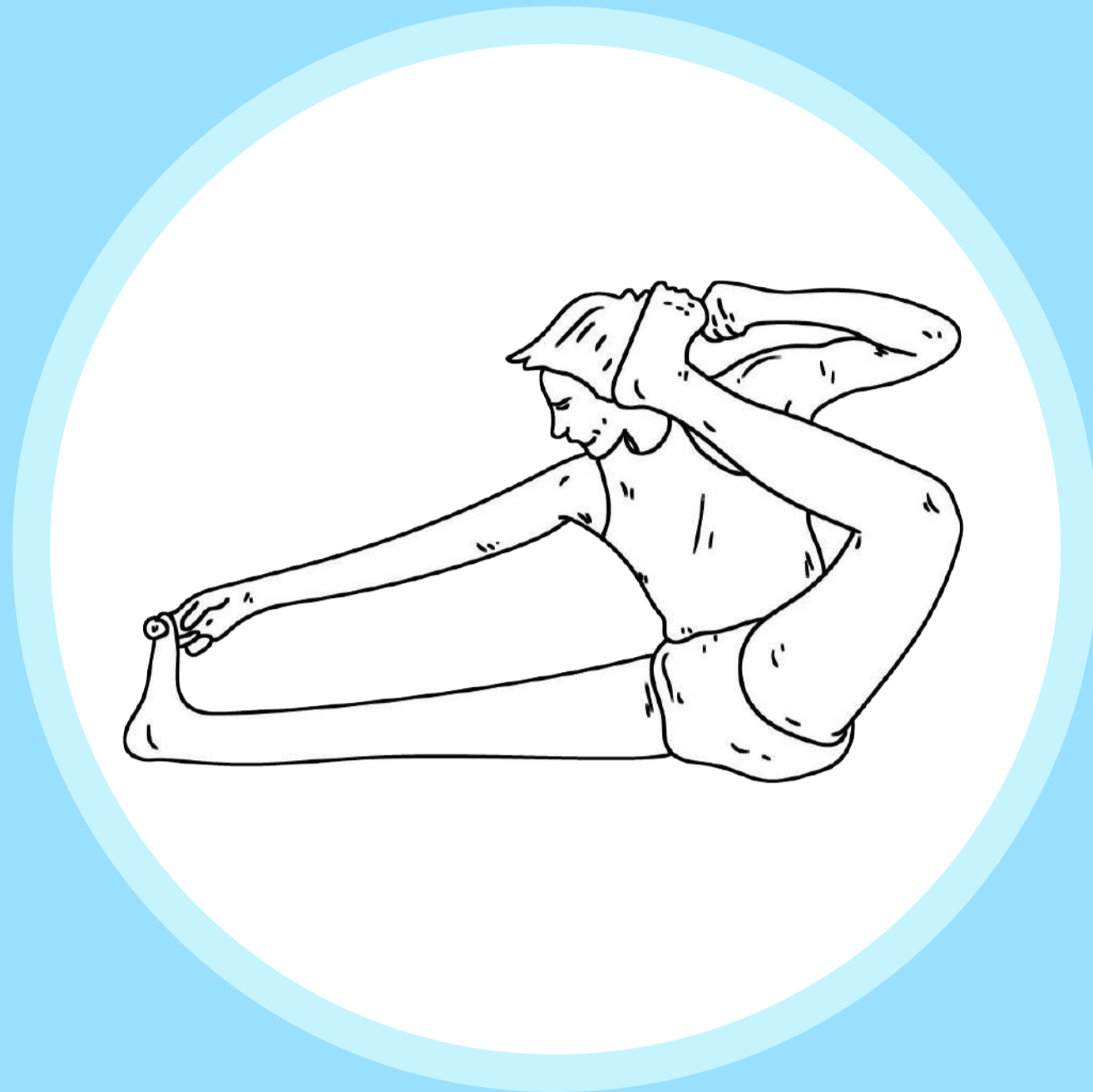


Vasiṣṭhāsana
(side plank)

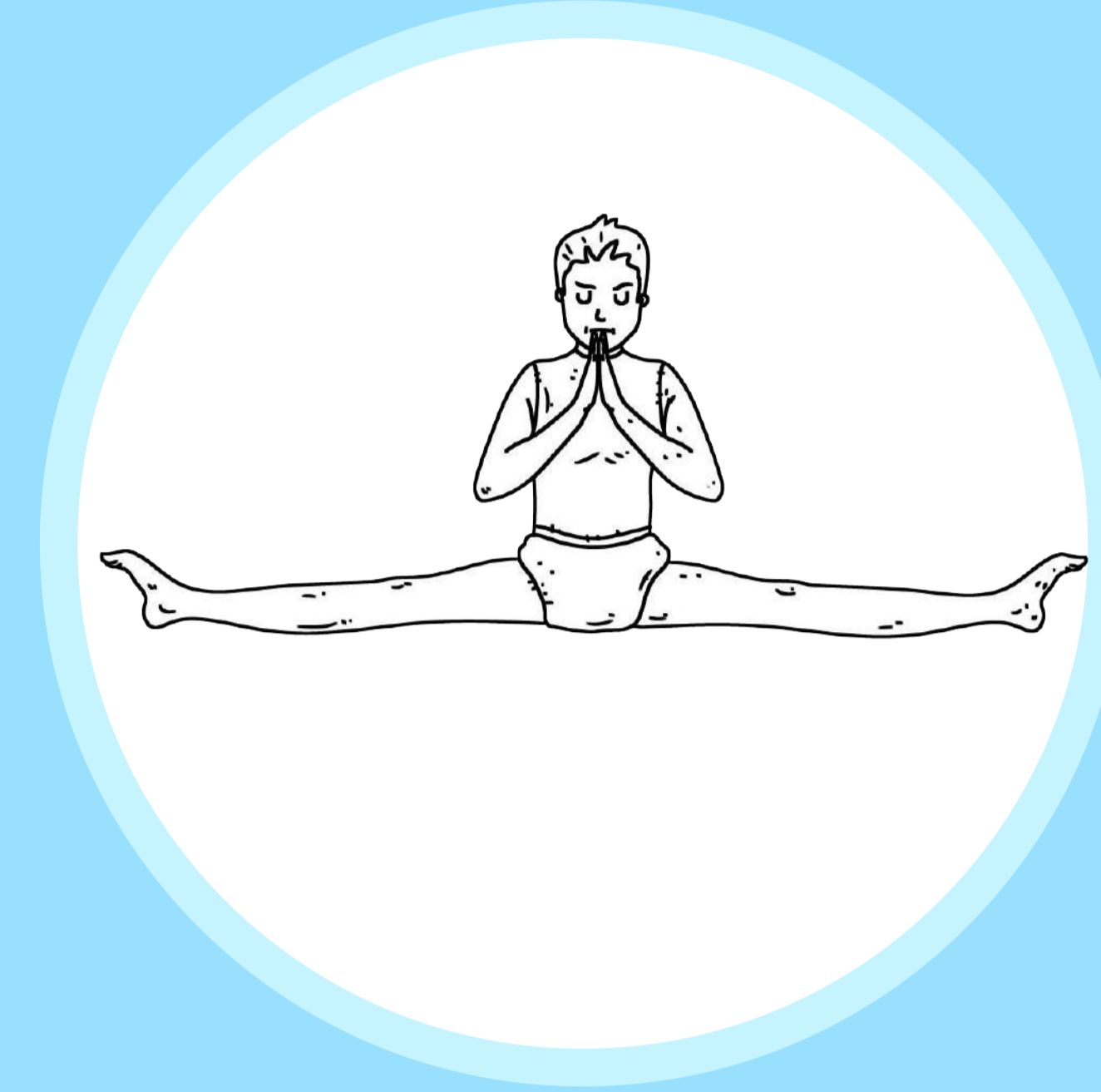


Viśvāmitrāsana
(sage ascending)

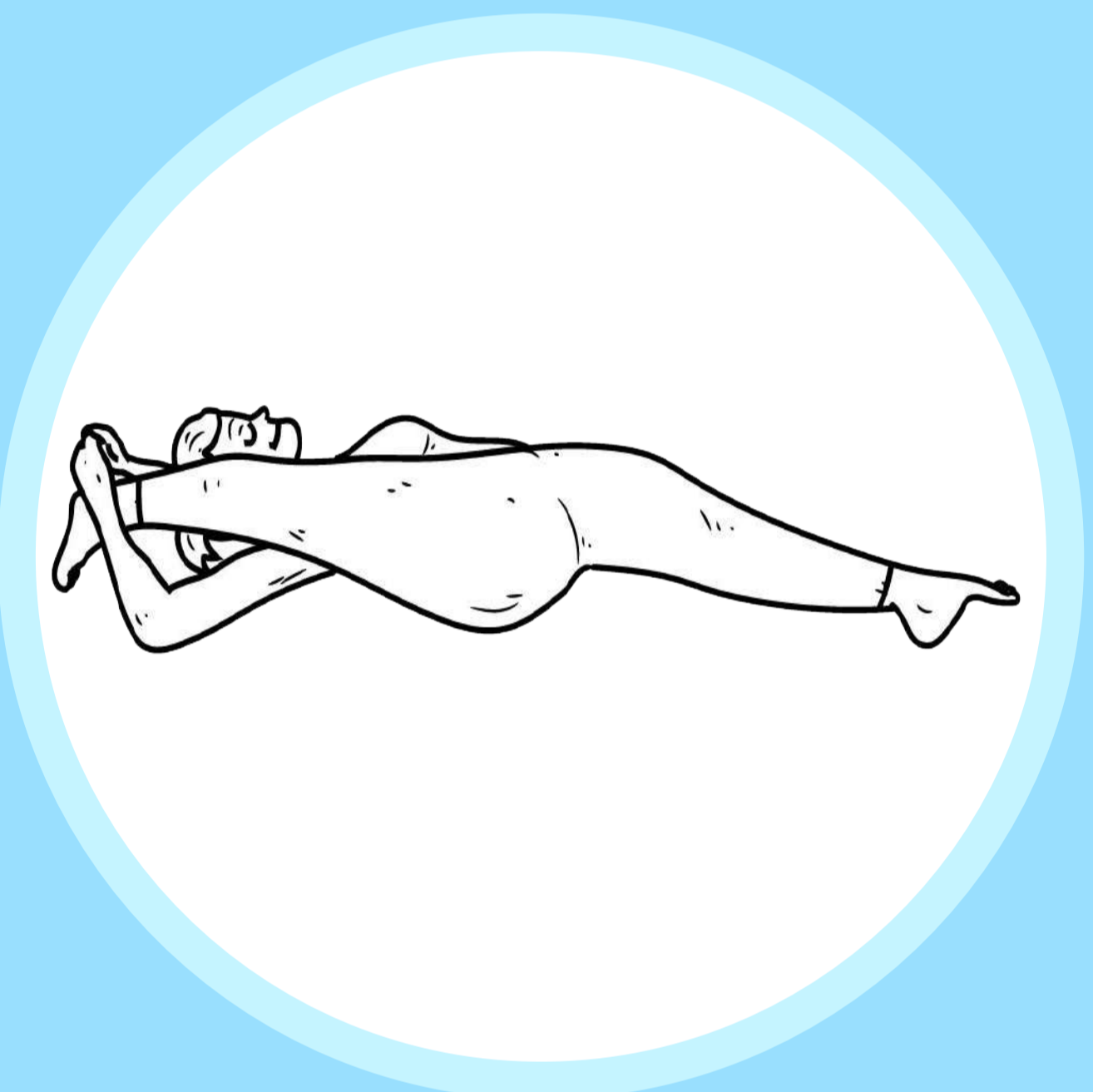
Legs (p. 6 of 7)



Ākarṇa Dhanurāsana
(archer's pose)



Samakoṇāsana
(even angle)



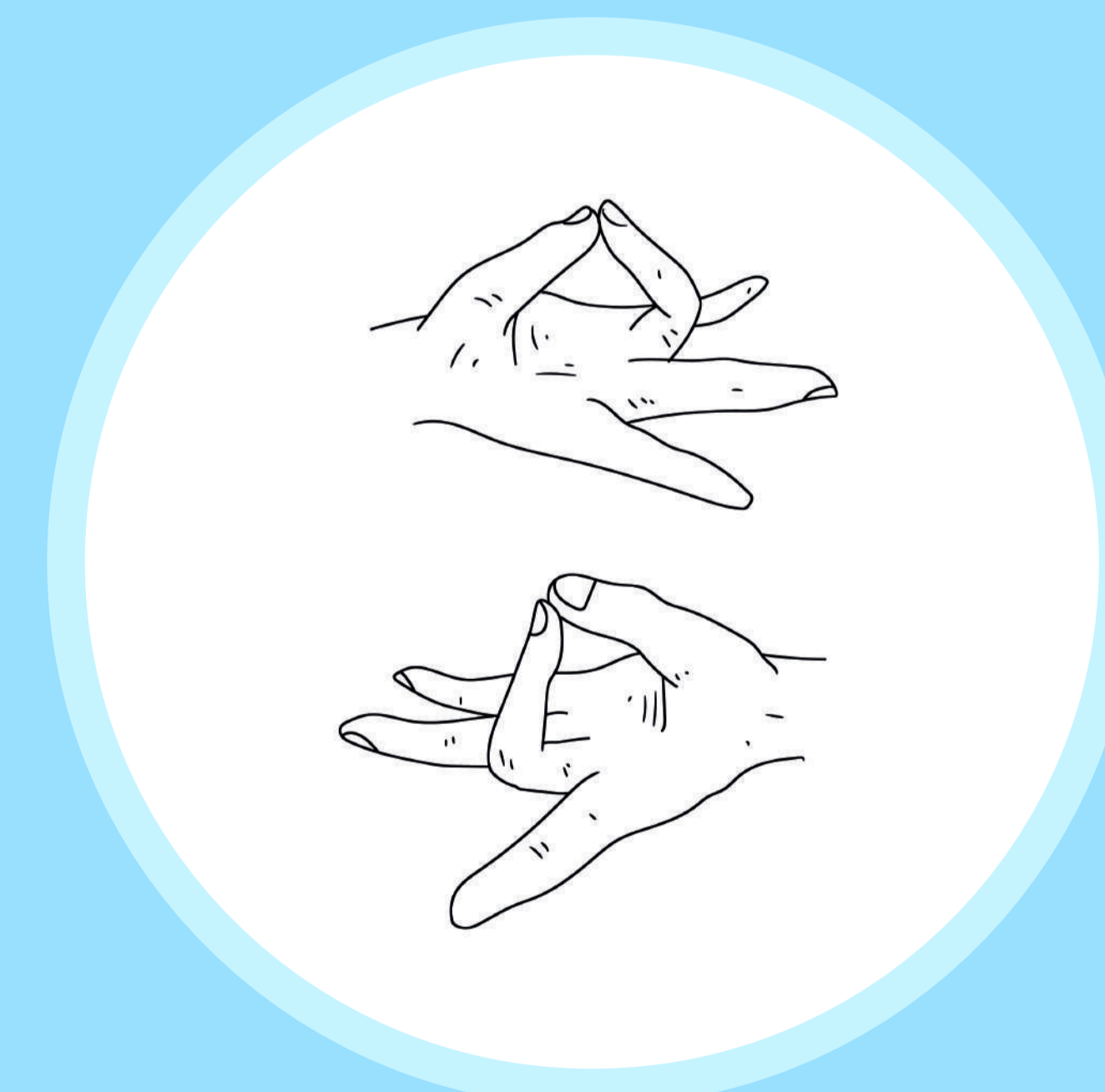
Supta Trivikramāsana
(reclining three step)



Olive Oil
(massaged into body)



Epsom Salt Bath



Joint Mudra

Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Legs (p. 7 of 7)



Find a Great PT

This content has not been reviewed by a doctor. This is not medical advice. Please discuss any yoga program and supplements with your doctor to see if it's right for you, your body, and your condition. Learning yoga postures online without a live, qualified teacher is risky. Please find a good teacher and work with them live. Most poses shown are very advanced and modification will be required for each body type. Investinprana.com