



YOGA WHEEL POSE GUIDE

BEGINNER POSES

HEART OPENER



HEART OPENER VARIATION



UPWARD PLANK ASSIST



HIGH LUNGE BALANCE



HALF SPLITS



SPINE EXPANSION



TRIANGLE POSE BALANCE



TRIANGLE POSE ASSIST



RESTED WARRIOR III



LOW LUNGE BALANCE



LOW LUNGE



EXTENDED HAND TO TOE





YOGA WHEEL POSE GUIDE

BEGINNER POSES (CONTINUED)

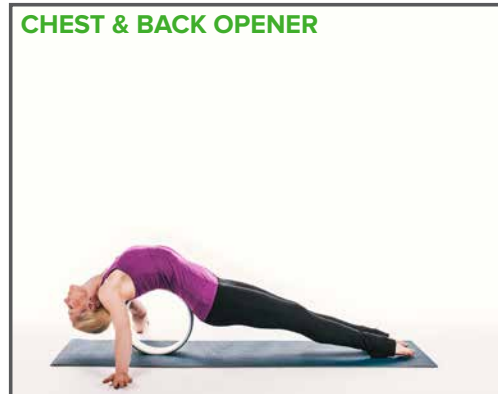
SHOULDER STAND



FRONT STRETCH ASSIST



CHEST & BACK OPENER



WARRIOR I BALANCE



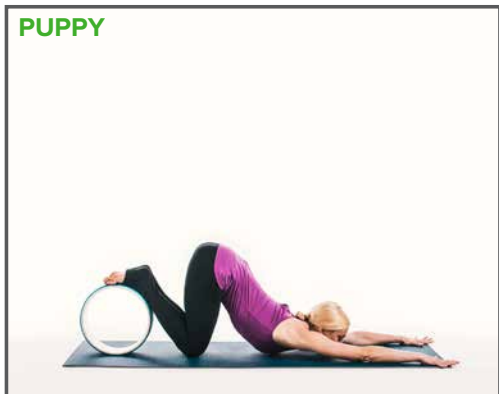
PLANK



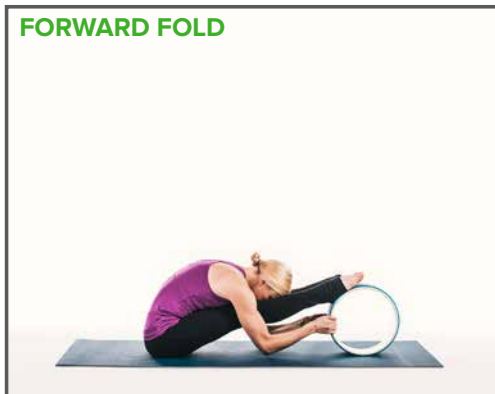
CRESCENT POSE ASSIST



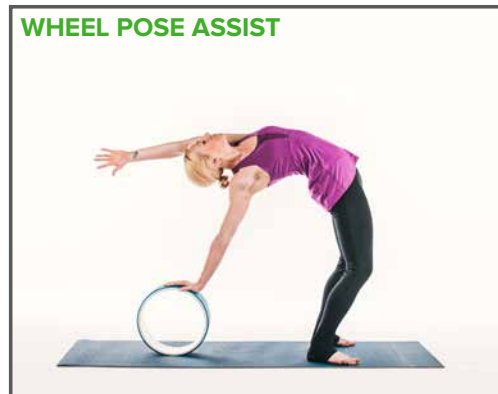
PUPPY



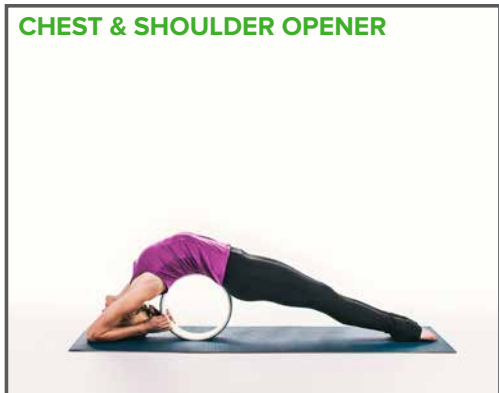
FORWARD FOLD



WHEEL POSE ASSIST



CHEST & SHOULDER OPENER



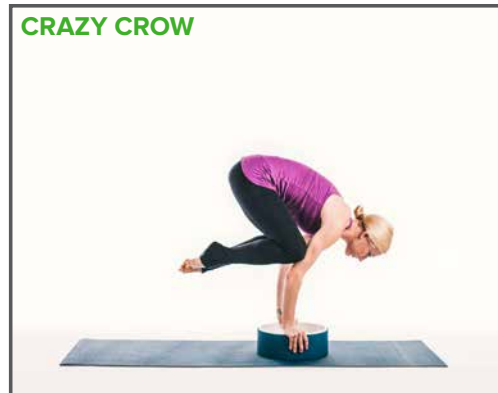
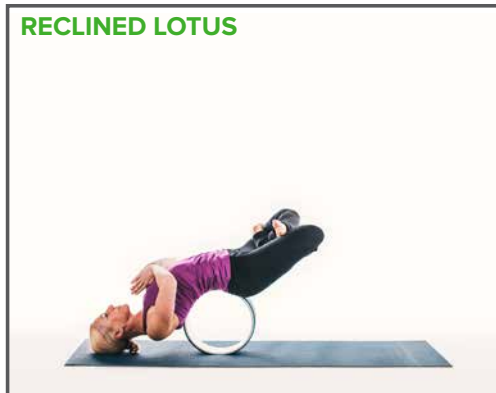
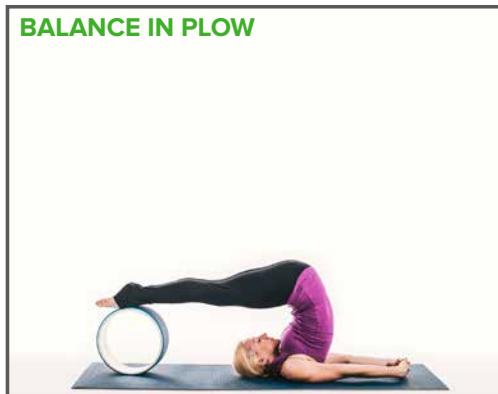
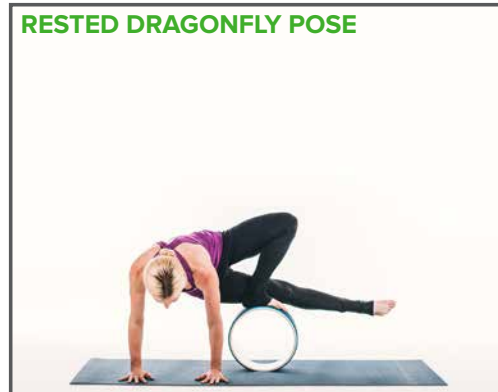
CORE STRENGTH ASSIST





YOGA WHEEL POSE GUIDE

ADVANCED POSES





YOGA WHEEL POSE GUIDE

ADVANCED POSES (CONTINUED)

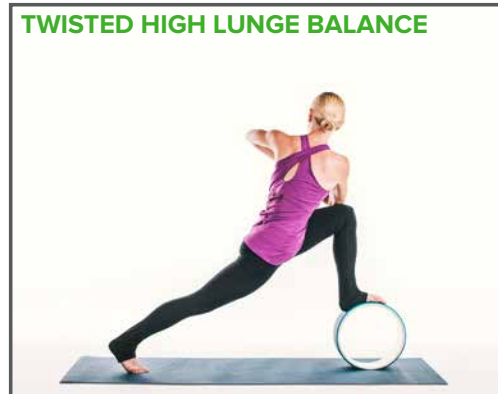
CROUCHING DANCERS POSE



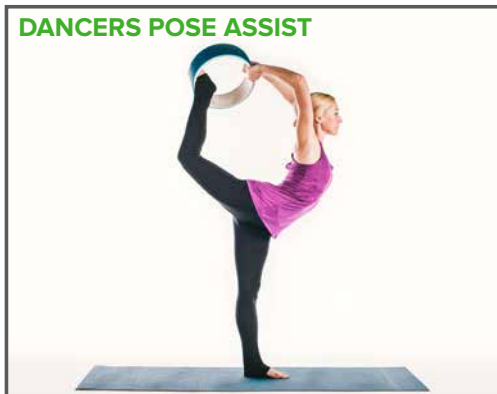
ASSIST ROLL TO HANDSTAND



TWISTED HIGH LUNGE BALANCE



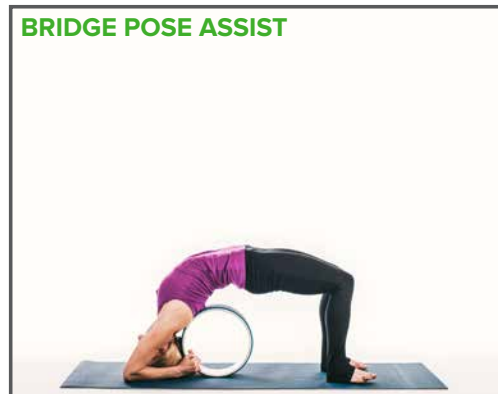
DANCERS POSE ASSIST



MONKEY POSE



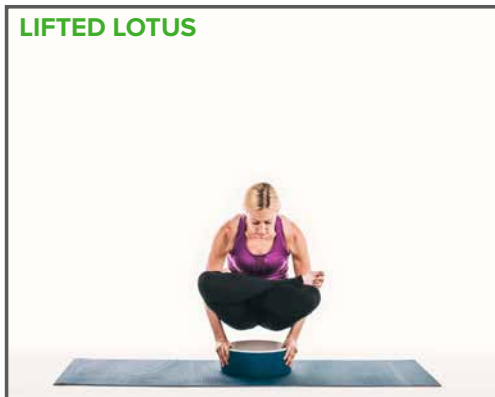
BRIDGE POSE ASSIST



ONE-LEGGED FOREARM BACKBEND



LIFTED LOTUS



SPHYNX



SIDE PLANK





YOGA WHEEL POSE GUIDE

POSE SEQUENCES

HIGH LUNGE TO A TWIST (PROGRESSION OVER TIME)

BEGINNER



INTERMEDIATE



ADVANCED



BALANCE PLANK TO ONE-LEGGED DOWN DOG (PROGRESSION OVER TIME)

BEGINNER



INTERMEDIATE



ADVANCED



HIGH LUNGE ASSIST TO CROUCHING DANCER (PROGRESSION OVER TIME)

BEGINNER



INTERMEDIATE



ADVANCED





YOGA WHEEL POSE GUIDE

POSE SEQUENCES *(CONTINUED)*

LOW LUNGE BALANCE TO MONKEY *(PROGRESSION OVER TIME)*

BEGINNER



INTERMEDIATE



ADVANCED



WHEEL ASSIST TO ONE-LEGGED FOREARM BACKBEND ASSIST *(PROGRESSION OVER TIME)*

BEGINNER



INTERMEDIATE



ADVANCED

