

# Yoga Wheel



1. Seated Forward Bend Pose  
Wheel Variation  
Paschimottasana Wheel  
Variation



2. Seated Forward Bend Pose  
Wheel Paschimottasana  
Wheel



3. Reclined Side Stretch Pose  
Wheel



4. Standing Forward Fold  
Pose Wheel Uttanasana  
Wheel



5. Tiger Pose Wheel  
Vyaghrasana Wheel



6. Revolved Triangle Pose  
Wheel Parivrtta Trikonasana  
Wheel



7. One Legged Inverted Staff  
Pose Wheel Eka Pada  
Viparita Dandasana Wheel



8. Wheel Pose Variation  
Wheel Urdhva Dhanurasana  
Variation Wheel



9. Boat Pose Wheel  
Navasana Wheel



10. One Legged Peacock  
Pose Wheel Eka Pada  
Mayurasana Wheel



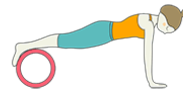
11. Garland Pose On Wheel  
Malasana On Wheel



12. Kneeled Wide Legged  
Pose Wheel



13. One Legged King Pigeon  
Pose li Wheel Eka Pada  
Rajakapotasana li Wheel



14. Plank Pose Wheel  
Phalakasana Wheel



15. Plough Pose Wheel  
Halasana Wheel

