



Waterfall

- Use a yoga block or rolled up mat and place underneath pelvis for lower-back support
- Check that front of torso gently arches from hips to top of shoulders
- Keep hands at side, palms up

MODIFIED I

- Keep lower back on mat, bend both knees 90 degrees, and rest legs on a chair

MODIFIED II

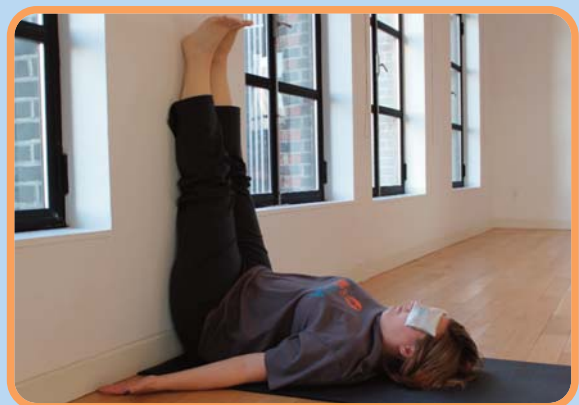
- Rest both legs against the wall; keep feet together



WATERFALL



MODIFIED I



MODIFIED II