

Bhōga™



Bhoga Infinity Bench Guidebook—version 1.1 for 9" high bench
Eco-tools — body mind balance

Furniture for Life! Wow, high quality furniture that comfortably supports the body and is designed to help improve our posture, strength, flexibility, and balance. Safely, Easily, Enjoyably.

You're sitting in a chair, reading, relaxing or watching tv. Take a minute or several to stretch the arms, the legs, open the shoulders, and decrease neck tension. Simply and comfortably with Bhoga.

SAIL with Bhoga. Use these 4 principles to improve your strength, flexibility and balance everyday.
— **Support, Alignment, Interconnectivity and Leverage** —

Support - The development of the arch was the first major breakthrough in architectural support. Just like buildings constructed using the arch, our bodies' ability to support weight in a balanced way relies heavily upon the optimum function of our arches. Arches, sculpted into sustainable rubber tree wood, along with many other 'intelligent design' features, makes Bhoga eco-furniture, the perfect way to empower our bodies while simultaneously being enjoyable to use!

Alignment - Optimum Postural Alignment is a golden key that opens doors to greater vitality. Bhoga eco-furniture is user friendly, providing visual and tactile guides every 2-3 inches. You can precisely align and realign your body simply by touch or sight. Round end arches contour perfectly to the natural curvature of body arches. End arches have 3 notches and 2 pairs of grips. These notches and grips are spaced equidistant from the center point for simple visual and tactile cues. There are many other powerful alignment cues easily accessible in the Bhoga design.

Interconnectivity - When a circuit is connected, power is released. Like the Golden Gate Bridge connecting San Francisco to Marin County, Bhoga eco-furniture is a bridge supporting and connecting the entire body. Solid clear connectivity every time. Safe and virtually effortless.

Leverage - Leverage is a powerful force enhancing each movement. Bhoga arches can serve as smooth, comfortable fulcrums allowing us to fine-tune where and how we use that leverage. Every inch of Bhoga eco-furniture is a lever in your toolbox.

Bhoga means enjoyment in Sanskrit. When we enjoy an activity, we are truly motivated to repeat it and learn more about it. Fun!

While using any of the Bhoga tools, never force or strain. Let the breath move freely and easily. Creating balanced action will provide the most benefit: physically, mentally and spiritually.

This guidebook is just the beginning. With a little bit of creativity, there are infinite possibilities you can discover and explore on your own. For all Bhoga videos, go to bhoga.com and subscribe.

★ Before beginning this or any exercise program, you are urged and advised to obtain a Physician's consent.

Enjoy!

Check boxes of preferred poses for quick reference

1L – Triangle	<input type="checkbox"/>	19L –Cobbler Pose with Forward Extension	<input type="checkbox"/>
2L – Warrior 1 with Support	<input type="checkbox"/>	20L – Cobbler Pose with Feet Variation	<input type="checkbox"/>
3L – Warrior 2	<input type="checkbox"/>	21L –Supported Seated Wide Angle	<input type="checkbox"/>
4L – Standing Intense Side Stretch	<input type="checkbox"/>	22L –Wide Angled Flank Extension	<input type="checkbox"/>
5L – Uttanasana with Hand Variations	<input type="checkbox"/>	23L –Supported Head to Knee Variation	<input type="checkbox"/>
6L – Revolved Triangle	<input type="checkbox"/>	24L –Supported Paschimottanasana	<input type="checkbox"/>
7L – Half Moon	<input type="checkbox"/>	25L –Supported Revolved Wide Angle Pose	<input type="checkbox"/>
8L – Revolved Half Moon	<input type="checkbox"/>	26L – Modified One Legged Pigeon	<input type="checkbox"/>
9L – Supported Prasarita Padottanasana	<input type="checkbox"/>	27L – Triang Mukhaikapda Paschimottanasana	<input type="checkbox"/>
10L – Side Angle	<input type="checkbox"/>	28L – Supported Revolved Head of Knee Pose	<input type="checkbox"/>
10LV– Side Angle Elevated Variation	<input type="checkbox"/>	29L – Locust Pose	<input type="checkbox"/>
11L – Revolved Side Angle	<input type="checkbox"/>	30L – Reclining Hero Pose Variations	<input type="checkbox"/>
12L – Downward & Upward Dog Variations	<input type="checkbox"/>	31L –Supported Bridge Pose with Bolster	<input type="checkbox"/>
13L – Seated Modified Tortoise	<input type="checkbox"/>	32L –Supported Bridge with Variations 2	<input type="checkbox"/>
14L – Sitting Simple Chest Opener	<input type="checkbox"/>	33L –Bridge with Benches Variations 3	<input type="checkbox"/>
15L – Hero Pose with Support	<input type="checkbox"/>	34L –Bridge to Reclining Cobbler to Bridge	<input type="checkbox"/>
16L – Purvottanasana Variations	<input type="checkbox"/>	35L –Twist Variations	<input type="checkbox"/>
17L – Camel Pose	<input type="checkbox"/>	36L –Supported Deep Relaxation	<input type="checkbox"/>
18L – Shoulder Openers	<input type="checkbox"/>		

Your dog or cat is sleeping. When arising, their very first action is a long enjoyable stretch!
 Think downward dog. Is the dog doing yoga or are we doing dog when we stretch in downward dog?
 Stretching is for everybody. We were born with flexibility and free range of motion. Balancing strength and flexibility is at the heart of any fitness regimen.

Most, if not all stretching movements, can be traced back to some yoga posture. There are over 100 Yoga postures which have been passed down over thousands of years. Some of the above titles are Sanskrit names for yoga postures. All of the poses described above are based on yogic principles of balance and moderation.

When stretching, being in the moment is the most important thing. Breathe, feel, balance.
 Whether you do yoga, Pilates, weight training, run or are rather sedentary without any fitness regimen, Bhoga eco-furniture can improve your posture, energy, strength, and flexibility.
 Safely, easily, enjoyably, everyday!

For more information on yoga, consult [Light on Yoga](#) by B.K.S. Iyengar. Seek the guidance of a qualified, experienced yoga instructor or other appropriate health professional before practicing any poses of which you may not be familiar.

Credits – 1L-36L, Rogelio Nunez, certified Iyengar yoga teacher



- A**
 - Turn right foot out 90 degrees and back foot in approximately 30 degrees. Front heel in line with back arch.
 - Right hand on bench, create triangular leg base. Straight legs. Lift kneecaps by contracting front thighs. Release deeply folding at hip. Lengthen from back foot and leg to crown of head. Drop left elbow back to open upper chest.
- B**
 - Vary right hand positions as shown.
- C**
 - Bring left arm up stretching from center outward
 - Repeat other side.
 - **Benefits — Strengthens and tones legs. Opens hips. Lengthens torso and spine. Energizing.**



- A**
- Bring right foot onto top of Bhoga Bench. Front heel in line with back heel in a long stance. Back foot turned in about 60-75 degrees.
 - Bring hands onto top of front thigh bringing the back leg hip forward so the hips are close to even side to side.
- B**
- Press down on front thigh to lift and lengthen front spine while keeping shoulders down and away from ears.
 - Keep back leg straight with front knee over front ankle. Lift the inner back leg thigh. This action will strengthen the leg and support the lift of the spine.
 - Bring arms up, palms facing each other. Create lift of arms all the way from lower back. Broaden back of body.
 - If chest is lifting, lift head and look toward hands. If back of neck kinks, look straight ahead. Repeat on other side.
 - **Benefits – Lengthens and strengthens legs. Lengthens spine. Opens hips. Increases strength and stamina.**



- Place the right foot on the center of the Bhoga bench as shown with right foot turned out 90 degrees and back foot turned in slightly. Front heel in line with back arch. Long stance with right thigh and shins at right angles.
 - Do not allow the right knee to go in front of right ankle.
 - Bring arms parallel to ground, palms down. Extend from the center of torso outward thru palms and fingertips in both directions equalizing weight in both legs and both sides of torso.
 - Repeat on other side.
- **BENEFITS** — Strengthens and tone legs. Decompress hips while lengthening torso and spine.



- A**
- Right foot directly under bench center. Feet 3-4' apart. Back left foot turned in toward front right foot about 60-75 degrees, Back heel in line with front heel. Bring left hip forward till left hip is on even plane as right hip side to side.
 - Keep both legs straight. Lift kneecaps by contracting front thigh muscles. Don't push back at knees.
 - Bring hands onto top of bench, then front of bench and sides of bench. Stay in each position as desired.
 - Spread toes and lengthen up and back thru top of right thigh. Balance lengthening of right leg with anchoring of back leg to support even lengthening of torso and spine.
- B**
- Bring hands to front bottom edge of bench. Stretch out thru fingers. Keep collarbones lifted and wide. If head reaches, rest forehead on knee. Widen and lengthen torso. Repeat on other side.
 - **Benefits — Decompresses hips. Stretches legs. Quiets the mind.**



- A** • Stand with feet parallel, hip distance apart. Midline of body in line with center notch of bench.
- Place hands on top of bench. Lift sitting bones.
- Elongate sides of torso keeping shoulders wide.
- Maintain lift and widening of shoulders away from neck.
- B** • Move arms in various other positions as shown in photos and wherever is best for you.
- Do not press back at knees but rather lift upward from balanced feet into the sit bones. Never force or strain.
- **BENEFITS** — Releases tension in neck and shoulders. Lengthens legs and quiets the mind. Restores energy.



- A**
- Stand with feet approximately 4 feet apart. Front right foot in line with back heel. Right foot turned out 90 degrees. Left foot turned in about 60-75 degrees.
 - Bench is placed outside of right shin. Keep both legs straight with kneecaps lifted.
 - Rotate torso to face bench and hold outer end arch with left hand.
 - Begin with right hand on right hip. Bend right elbow and drop elbow backward. Lift and lengthen upper chest.
 - Keep chin neutral and let chest lift toward chin.
- B**
- Maintaining lift of upper chest, bring right arm up, palm facing forward. If shoulder kinks, leave left hand on hip.
 - Press into back leg to come up. Do other side.
- **Benefits — Stretches and tones legs. Stretches and strengthens hip muscles. Increases spinal flexibility.**



- A**
- Go into triangle pose (as shown on page 1L) but have right foot at the near end of bench.
 - Bend right knee, slide hand to far end of bench while lifting back leg up and straightening front right leg. Keep left leg parallel to floor and extend from back of buttocks out thru left heel.
- B**
- Lengthen spine from tailbone to crown of head. Keep chin neutral. Extend left arm up, palm forward.
 - Let head turn upward from rotation of chest. If upper chest is not lifting, keep head looking forward.
 - Repeat on other side.

• **Benefits** — Lengthens and strengthens legs. Increases spinal flexibility. Increases strength and stamina.



- A** • Go into revolved triangle pose (as shown on page 6L) but have right foot at center of bench as shown in A above.
- A** • Then bend right knee, slide hand to far end of bench while lifting back leg up and then straighten front leg. Keep left leg parallel to floor and extend from back of buttocks out thru left heel.
- Lengthen spine from tailbone to crown of head. Keep chin neutral.
- Rotate left hip downward until it is parallel to right hip while bringing left arm to top of bench. Grasp far end of bench or top of bench with left hand to draw left side down and around. Bring right hand to right hip, bringing right arm backward.
- B** • Lift upper chest and from lift of chest bring the right arm up. Let head turn from rotation of chest. Repeat on other side.
- **Benefits – Lengthens and strengthens legs. Increases spinal flexibility. Increases strength and stamina.**



- A**
 - Stand with legs in wide stance, approximately 4.5-5' apart. Feet parallel or toes slightly in.
 - Bhoga Bench placed so that when bending forward the ankles, knees and hips are all in one plane perpendicular to the floor. Center notch of bench in line with centerline of body.
 - Extend forward and place hands on top of Bhoga Bench so that the fingers of one hand are on same lines of bench with the opposite hand fingers. If lower back rounds, bend the knees until lower back releases and elongates.
 - Keep arches of feet active and lifting. Lift sit bones, stretch back of legs and elongate sides of body evenly.
 - Keep frontal collarbones lifting and widening. Vary hand positions as shown and desired.
- B**
 - Bring bench closer so when the palms come to floor under the shoulders, head rests on stool. Widen shoulders.
 - Visualize hips lifting toward sky and space in hips. To come up, hands to top of bench. Press and come up.
 - **Benefits — Lengthens and strengthens legs. Lengthens spine. Opens hips. Increases strength and stamina.**



A

- Stand with legs about 4-4.5' apart. Bend right leg to a right angle. Knee should not be in front of shin.
- Bring right hand onto end arch of bench with right arm pressing against inner right thigh.
- Bring left hand onto left hip with elbow bent and left arm dropping backward to open upper chest.
- Keep back leg straight and lift from inner left arch and inner left thigh.
- Pressing back heel and ball of foot downward, create lifting action from arches and lengthen from back heel on straight trajectory thru torso to upper arm.

B

- If able, bend right arm, bringing hand to far end arch, forearm resting on bench.
- Use leverage of right hand and arm to draw right torso down balancing with lift and lengthening of left side of body. Straighten left arm and extend from left heel thru palm of left hand. Let head turn as chest turns.
- Repeat on other side.
- **Benefits — Strengthens legs. Stretches hips. Increases spinal flexibility.**



- A**
- Stand with legs about 4-4.5' apart. Bend right leg to a right angle. Foot on top of bench. Knee not in front of shin.
 - Bring right hand under end arch of bench with right arm pressing against outer right thigh.
 - Bring left hand onto left hip with elbow bent and left arm dropping backward to open upper chest.
 - Keep back leg straight and lift from inner left arch and inner left thigh.
 - Pressing back heel and ball of foot downward, create lifting action from arches and lengthen from back heel on straight trajectory thru torso to upper arm.
- B**
- Use leverage of right hand and arm to draw right torso down balancing with lift and lengthening of left side of body. Straighten left arm and extend from left heel thru palm of left hand. Let head turn as chest turns.
 - Repeat on other side.
- **Benefits — Strengthens legs. Stretches hips. Increases spinal flexibility. Massages internal organs.**



- A**

 - Stand with legs about 4-4.5' apart. Bend right leg to a right angle. Knee should not be in front of shin.
 - Keep back leg straight, lengthen spine from tailbone to crown of head. Rotate torso toward front leg catching left upper arm on outer right thigh. Let left shin press against the round end arch of bench. Left hand on top of bench.
 - If rotation is too difficult with straight back leg, bend right knee and place back shin and knee on mat.
 - Take left hand on left hip and bring elbow backward to open upper chest. Elongate spine.
- B**

 - Bring left hand to outer end arch or bench leg as shown in **B**
 - Keeping spine elongated, straighten right arm, palm facing down. Create an even extension from back leg heel all the way thru palm of right hand. Breathe freely. Lengthen on inhalations and rotate a little more every 2 or 3 exhalations. Repeat on other side.
 - **Benefits — Strengthens legs. Stretches hips. Increases spinal flexibility. Massages internal organs.**



- A**
 - Stand with feet parallel and hip distance apart. Center notch of Bhoga Bench in line with midline of body.
 - Place bench so that when bending forward, upper thighs are forward of ankles.
 - Spread fingers and hands evenly. Use grooves and lines of stool as guides to place hands evenly side to side.
 - Lift thru backs of legs and maintain lift of collarbones. If lower back feels pressure and rounds, bend knees while lifting up thru sitting bones. Balance lengthening from arms to hips and from feet to hips.
 - Widen shoulders away from ears at back while lifting and widening collarbones and front body.
- B**
 - Create space side to side for spine to elongate. Change hand positions, as shown, to vary the stretch.
 - Coming into upward dog, keep inner and front thighs lifting upward with legs straight.
 - Stretch from inner thighs back thru heels. From tailbone lift spine thru chest to crown of head. Vary hand positions.
 - **Benefits – Lengthens legs, torso and spine. Opens shoulders. Rejuvenates spine. Restores energy.**



- A** • Sit on Bench so that your navel is in line with center notch of Bhoga Bench. Legs and feet turned out to the side slightly and equidistant from center.
 • Reach back and grasp the back rounded arch of bench. Press down with your sit bones and lengthen spine upward from tailbone to crown of head.
- B** • Bend forward reaching under the bench either grasp the cross brace which is parallel to the floor, the back legs or the back round arch, depending on your capacity.
 • Do not force or strain. Broaden shoulders. Even lengthening and stretching of the back.
 • If pressure is focussed in one area of back, come up until stretch is even and breath is relaxed.
- **Benefits — Opens hips and groins. Stretches back. Lengthens spine.**



- A**
- Sit on Bench so that your navel is in line with the center notch of Bhoga Bench. Feet in simple cross legged position.
 - Reach back and grasp the back rounded arch of stool or back legs. Press down with your sit bones and lengthen spine upward from tailbone to crown of head.
 - Stretch the hands back and down while lifting the chest. Let bottom tips of shoulder blades lift into front chest. Breathe freely and evenly into and across the upper chest.
- B**
- Bring hands to bottom cross bar of bench. Use the support of bar to assist lift of spine and chest.
 - Do not force or strain. Broaden shoulders. Even lengthening and stretching of the back.
 - **Benefits— Lengthens and widens torso and front chest. Lengthen spine. Releases neck tension.**



- A** • Sit on Bench so that your navel is in line with the center notch of Bhoga Bench. Legs bent at knees with feet parallel, outside of hips.
- Reach back and grasp the back rounded arch of stool or back legs. Press down with your sit bones and lengthen spine upward from tailbone to crown of head.
- Stretch the hands back and down while lifting the chest. Let bottom tips of shoulder blades lift into front chest.
- B** • Have bolster under hips. Slide forward and sit on bolster.
- Breathe freely and evenly into and across upper chest.
- Do not force or strain. Broaden shoulders. Even lengthening and stretching of the back.

• **Benefits — Lengthens and widens torso and front chest. Lengthens spine. Releases neck tension.**



- A**
 - Sit at end of bench with midline in line with center notch. Place hands holding the sides of bench.
 - Walk the feet forward until the knees are over the ankles and the legs are parallel.
 - Lift from shoulder blades and hips.
 - Dynamically firm the buttocks while moving the action both upward and forward toward the feet.
 - The upper arms should be neither rotated all the way in or out. About halfway between the two ends of rotation.
 - Breathe freely thru nose keeping tongue and jaw relaxed. Let the chest lift and lengthen toward the chin.
 - B**
 - Sit back down and rest.
 - From sitting walk the feet further out and straighten legs.
 - Repeat the same actions, as above with legs, hips, torso and arms. To come out, bend the knees, walk back, sit.
- **Benefits — Strengthens wrists and ankles. Improves movement in shoulder mobility. Opens chest.**



- Sit centered on top of bench with both legs under bench.
- Hold rear round end arch with both hands.
- A** • Come to Camel pose by pressing shins to ground, firming buttocks, straightening arms and lift chest.
- Let back of tailbone descend and front sacrum/tailbone area lengthen upward in a smooth arch.
- Bring chest toward chin. If spine is lengthening and chest lifting without any compression, let head release.
- If feel pinching or compression in neck, keep chin toward chest.
- Breathe into upper chest. Create open floating feeling in upper chest.
- B** • Visualize and create two concentric arches. 1) Top of shoulders thru tailbone to earth. 2) Inner thigh up front spine.
- **Benefits — Opens chest. Lengthens and widens torso. Lengthens spine. Opens groins.**



- A**
 - Sit in front of bench with midline of body in line with center notch of bench.
 - Knees apart and feet together. Extend forward from hips bringing hands on to top far end arch of bench.
 - Hands equidistant from center by feeling notches or grips. Have respective fingers of each hand touch at same part of corresponding paired notch or grip.
 - Broaden away from the neck and midline of spine equally.
- B**
 - Vary arm and hand positions as shown.
 - Come closer to bench and place upper arms on top of bench. Bring palms together with forearms vertical to ground. Keep upper arms parallel and not wider than the shoulders. Lift lower ribs, stretch back thru hips and forward thru upper arms. Broaden at shoulders. Change hand positions to feel an orb between the palms.
 - Move upper arms near elbows toward front end arch of bench as shown in last two photos.
 - **Benefits — Strengthens upper arms and shoulders. Increases shoulder mobility. Releases neck tension.**



- A** • Sit with soles of feet together in line with center notch of Bhoga Bench. Thighs and knees out to sides.
- Sit on enough height so that knees are not higher than hips. Use folded blankets, block or other spacer.
- If any stress on knees, place blankets, blocks or other support under outer hips until no stress on knees.
- Take hands to sides of bench and use support of bench and floor to elongate spine while releasing shoulders away from ears.
- B** • Take left hand to right side of bench. Keeping spine long, inhale and on exhalation turn to the right. Repeat on other side.
- Come back to center. Inhale with spine long, on exhalation, extend forward and let back evenly round.
- C** • Cross arms on top of bench. Rest forehead on hands, bench or cushion.
- Shoulders moving away from neck. Relax and release..
- Hold onto bench to slowly come up.

• **Benefits** — Opens hips. Lengthens the spine. Decompresses neck and shoulder tension. Quiets the mind.



- A**
 - Sit with soles of feet together in line with center of side cross bar of Bhoga Bench. Thighs and knees out to sides.
 - Sit on enough height so that knees are not higher than hips. Bend toes to press against cross bar as shown.
 - If any stress on knees, place blankets, blocks or other support under outer hips until no stress on knees.
 - Take hands on sides of bench and lengthen spine from tailbone to crown of head.
 - Broaden away from spine letting back widen and lengthen evenly.
- B**
 - Extend forward from the pelvis, lengthening the torso and bringing forehead to bolster. Hands on far end legs.

• **Benefits** — Opens hips. Lengthens the spine. Decompresses neck and shoulder tension. Quiets the mind.



A

- Sit with legs wide apart. Kneecaps and feet pointed up. Spread toes, press down thru thighs and out thru heels.
- Hold top of Bhoga Bench with round end arch facing you. Lengthen spine from pelvis to crown of head.
- Be on front, inner sitting bones as much as possible, allowing top of pelvis to rotate forward.
- Maintaining length of spine, extend torso forward allowing forearms to rest on top of bench.

B

- Bring hands and arms to outside lower cross bar of bench and extend bench forward while lengthening the torso toward the floor.
- To come back, walk the hands back toward the legs, press down with arms to lift torso.

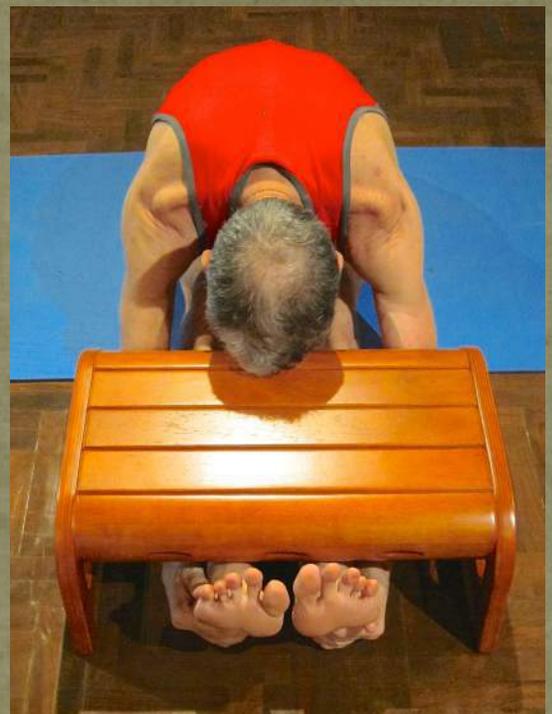
• **Benefits — Stretches and strengthens legs. Lengthens and widens torso. Lengthens spine. Opens groins.**



- A**
- With Bhoga Bench over right shin, sit with legs wide apart, kneecaps and feet pointing straight up. Keep right leg actively extending down from thigh thru heel and ball of foot. Turn torso to face over right leg.
 - Place left hand on round end arch furthest from you and the right hand on right side of bench.
 - Press off with right hand lifting and lengthening spine and with left hand bringing left back body toward front till both sides of body are in line with each other and the head is looking over the middle of right knee.
 - Take both hands over rear end arch. Broaden shoulders, while releasing thru groins and hamstrings.
- B**
- Let both forearms rest on top of bench while holding foot with hands. Extend right foot into the hands.
 - Without straining back, rest forehead on bench. Repeat other side.
 - **Benefits — Stretches and tones legs. Lengthens and widens torso. Lengthens spine. Quiets the mind.**



- A**
 - Bring right foot to left inner thigh. Extend left leg under Bhoga Bench.
 - Hold onto sides of bench to lift and lengthen the spine. Broaden shoulders and spread toes.
 - Walk hands to left side of bench to bring right side and hip forward. Walk hands back to far end arch with foot in center of bench and hands equidistant from center.
 - Let forearms or upper arms be supported by top of bench. Breathe into the back and release away from the centerline. Widen away from neck.
- B**
 - Lengthen torso/spine up and then extend forward. Round back gently and evenly. Head and arms rest on bench.
 - Repeat with other leg.
 - **Benefits — Stretches and strengthens legs. Lengthens and widens torso. Lengthens spine. Opens groins.**



- A**
- Sit centered inside of bench with both legs under bench. It is important to be on the front of the sitting bones and not on the back side of them. If it is difficult sitting up straight with both legs forward and are on the back side of sitting bones, sit on a height such as a folded blanket or folded mat.
 - Hold sides of bench and press sit bones into ground to lengthen spine.
- B**
- With elongated spine/torso, take hands to far round end arch and elongate spine upward again.
 - Maintaining long front spine/torso, rest forearms on top of bench and extend forward allowing back to open.
 - If comfortable, take feet either with arms over top of bench or under bench.
- **Benefits — Stretches and strengthens legs. Lengthens and widens torso. Lengthens spine. Opens groins.**

Bhōga™

Supported Revolved Wide Angled Pose

If you are not already familiar and comfortable with this pose
seek the guidance of an experienced and qualified yoga instructor

25L





- A** • Bend right leg and place on bench as shown. Left knee on mat. Place hands on far end of bench and lift the front spine from the base of spine thru lift of breastbone.
- B** • Walk hands back closer to torso creating and maintaining even lengthening and lifting of torso.
 - Keep shoulders down away from ears. Keep chin neutral.
 - Straighten back leg. Lift upward from inner thigh.
 - Repeat on other side.

• **Benefits** — Stretches front thigh. Decompresses pelvic muscles. Lengthens spine. Opens chest. Energizing.

Bhōga™ Triang Mukhaikapda Paschimottanasana 27L



- A**
- Sit on edge of Bhoga bench with left leg straight and right leg bent and right foot under bench.
 - Hold on to back round arch of bench. Lift chest and lengthen spine.
 - On exhalation, walk hands forward. Extend over front leg. Repeat on other side.
 - Lower hips to floor only if you are able to keep hips level. Otherwise, stay sitting on bench.
 - Left leg straight, right leg bent with right foot on outside of right hip. Top of foot is facing straight down.
 - If hips are not level, sit on a folded blanket or mat until hips are level.
- B**
- Bench is over left shin. Grasp far round end arch and lengthen torso upward and forward.
 - Maintaining length, take hands and arms to outside of bench, release torso, widening the back of body.
 - Even stretch side to side and bottom to top.
 - Repeat on other side.
 - **Benefits — Stretches legs and hips. Increases spinal flexibility.**





- A**
 - Lie face down with hands holding far end arch.
 - Firm buttocks and lengthen from hips all the way thru fingertips.
- B**
 - Broaden shoulders and widen collarbones.
 - Press hands into top of bench. Lift chest up keeping hips pressing into the ground.
 - Walk hands toward front of bench to lift higher.

• **Benefits** — Lengthens side bodies and shoulders. Strengthens back.

If you are not already familiar and comfortable with this pose
seek the guidance of a qualified yoga instructor



If you are not already familiar and comfortable with this pose
seek the guidance of a qualified yoga instructor



If you are not already familiar and comfortable with this pose
seek the guidance of a qualified yoga instructor



If you are not already familiar and comfortable with this pose
seek the guidance of a qualified yoga instructor



Bhōga[™]

Bridge to Reclining Cobbler to Bridge

If you are not already familiar and comfortable with this pose
seek the guidance of a qualified yoga instructor

34L



If you are not already familiar and comfortable with this pose seek the guidance of a qualified yoga instructor





