



PADMA
Fitness & Yoga

The Practice



tree



warrior II



extended side angle



triangle



reverse triangle



locust



bridge



hand to foot I



hand to foot II



marichi's pose



half lord of the fishes



savasana

This 12-pose sequence was developed by Dr. Loren Fishman and colleagues. It provides many benefits, including increased bone density, muscular strength, balance, flexibility and more. To gain the most benefits, perform daily with each pose held for about 30 seconds. Breathe slowly and fully throughout the practice and always modify poses in order to achieve spinal extension, muscular engagement and proper alignment.