

Poses that Work Well with Green Level Breathing Themes

Some poses naturally lend themselves to the Sponge and the Fountain visualizations. They are typically poses that do not involve twisting (with the exception of the Leg Over) and that are not movement oriented. These include:

Back Stretch	Leg Stretch
Back Bend	Lunge
Bow	Neck Stretch (works with <i>The Sponge</i>)
Half Bow	Pelvic Push
Cobra	Pelvic Lift
Chest Expansion	Pigeon
Dead Bug	Plow
Downward Dog	Puppy
Forward Bends	Reclining Butterfly
Happy Baby	Side to Sides
Leg Clasp	Shoulder Stand
Leg Over	Spider 1
	Wide Angle Pose