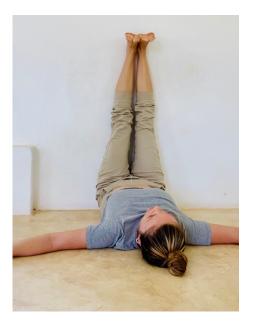
WALL YOGA

Restore and rejuvenate your mindy body and soul.

























To enhance your experience:

- Place a blanket, foam block or bolster under your sacrum.
- Place a sacrum or blanket under your thoracic spine.
- Place light sandbags on your shoulders or pelivs.