

Yoga Wheel Techniques

(Supine, Lying on Back with Wheel Under Shoulder Blades)

- 1) Extend Arms, Bend Elbows, Hands Grab edges of Wheel**
- 2) Reclining Full Butterfly (Soles of Feet together)**
- 3) Reclining Thunderbolt (Bend Knees and Sit on Heels)**
- 4) Push Up into Wheel (Palms of Hands and Soles of Feet on Floor, Lift torso up off Wheel)**

(Prone Position)

- 1) Roll Shins (On Hands, place 1 or 2 Shins on Wheel Bending Legs)**
- 2) Roll Forearms (On Knees, place Forearms on Wheel, like Child Pose)**