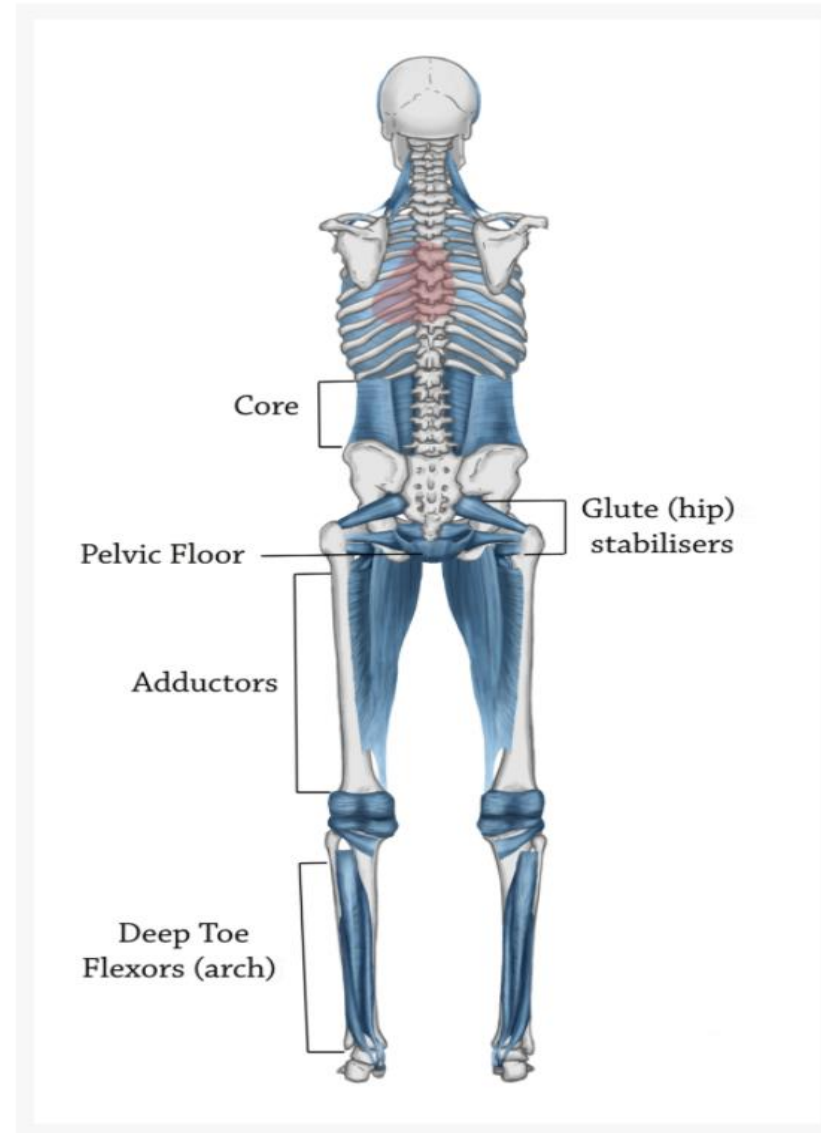
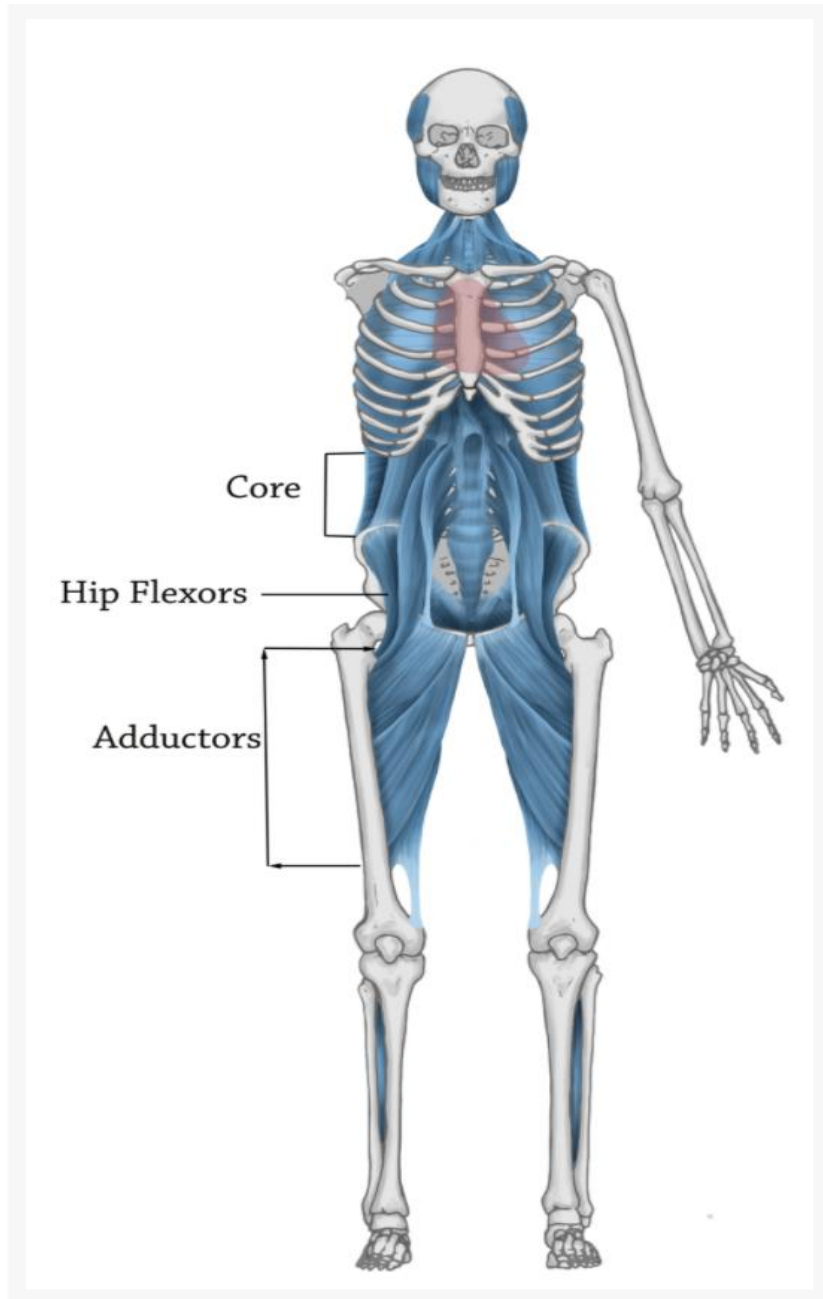


Inner Stabilization

3 P's of Tension + 1

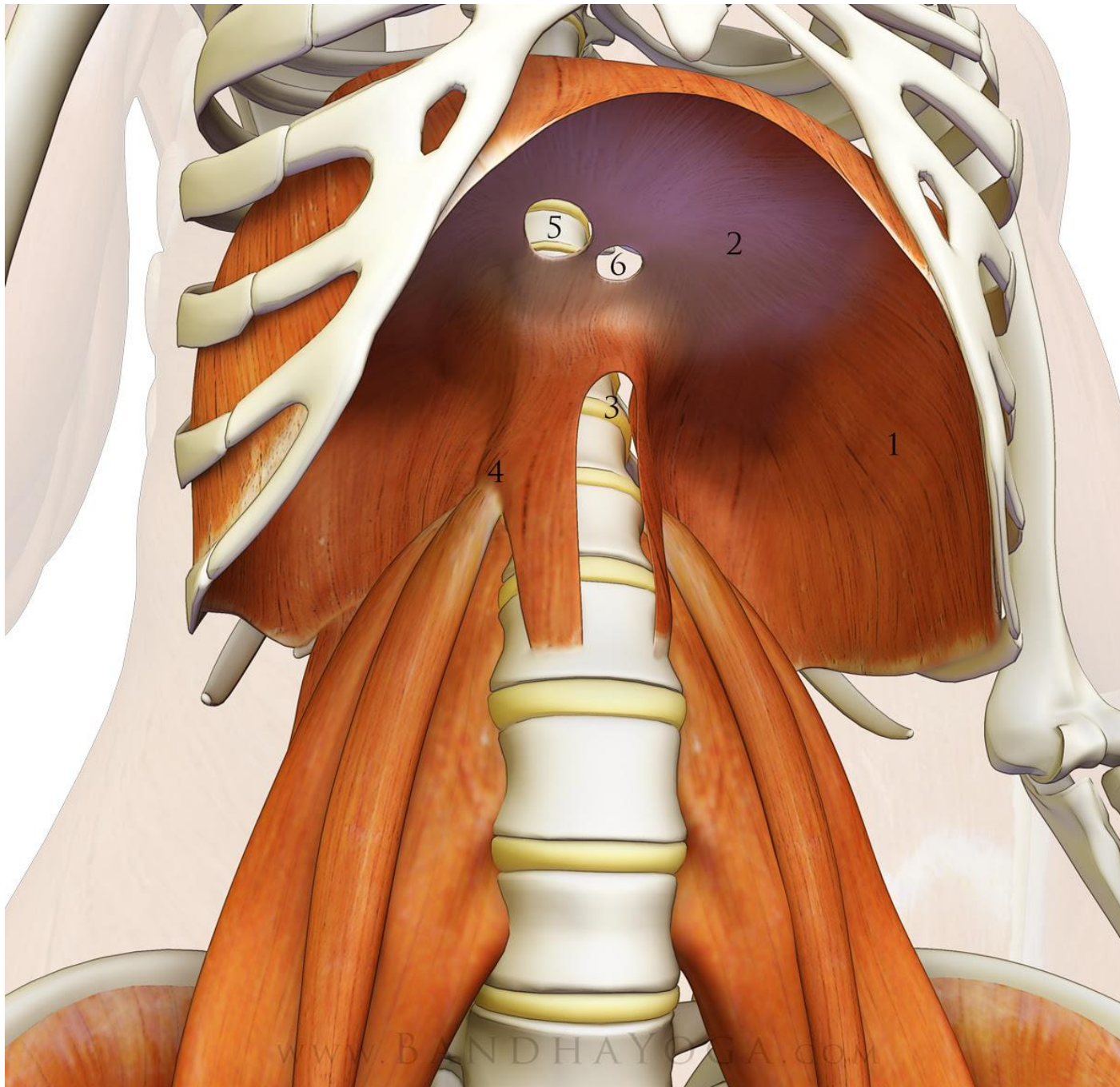
Psoas, Piriformis, Pterygoids
Pada

Functional Yoga Therapy

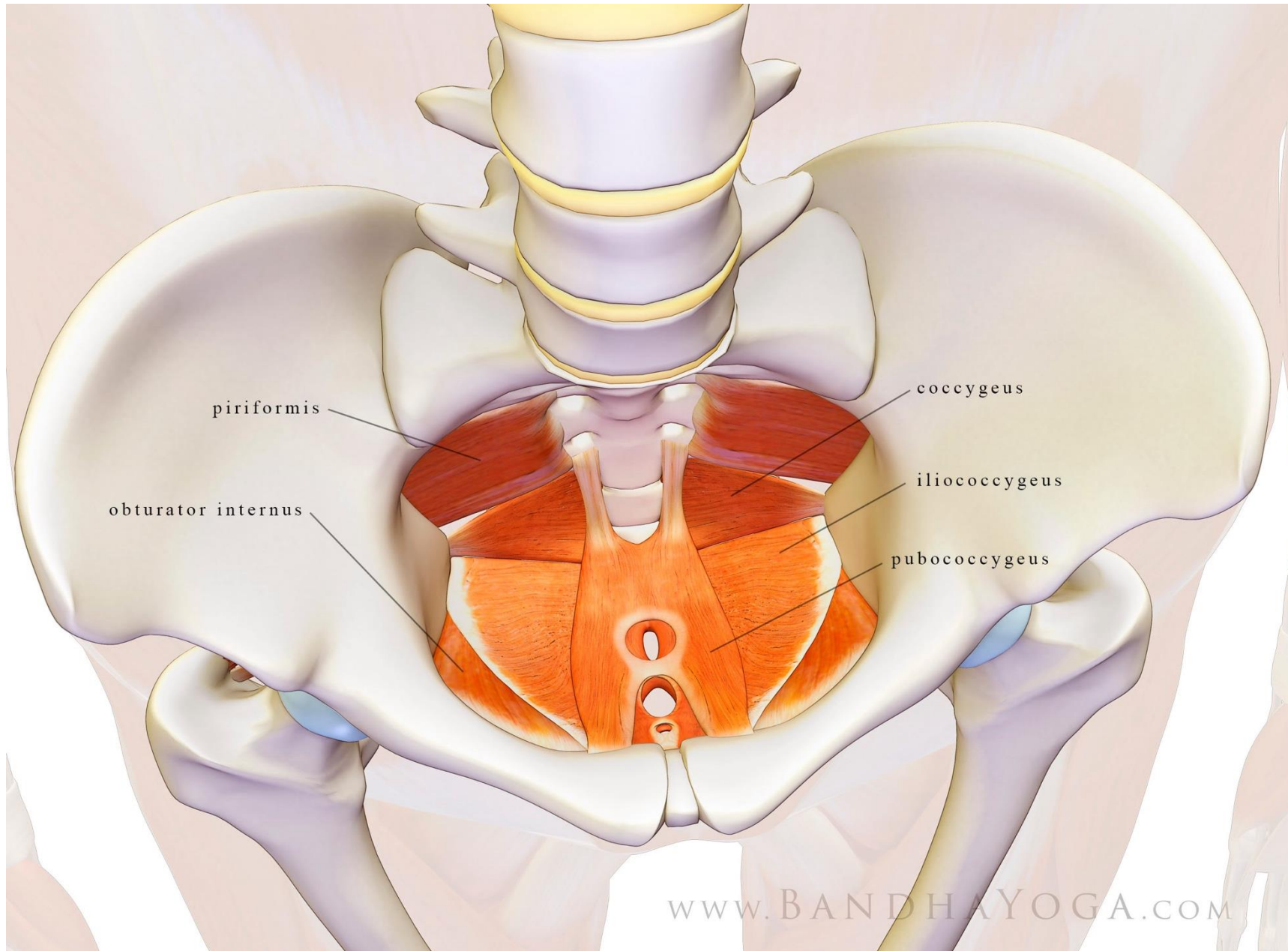




Frank Netter

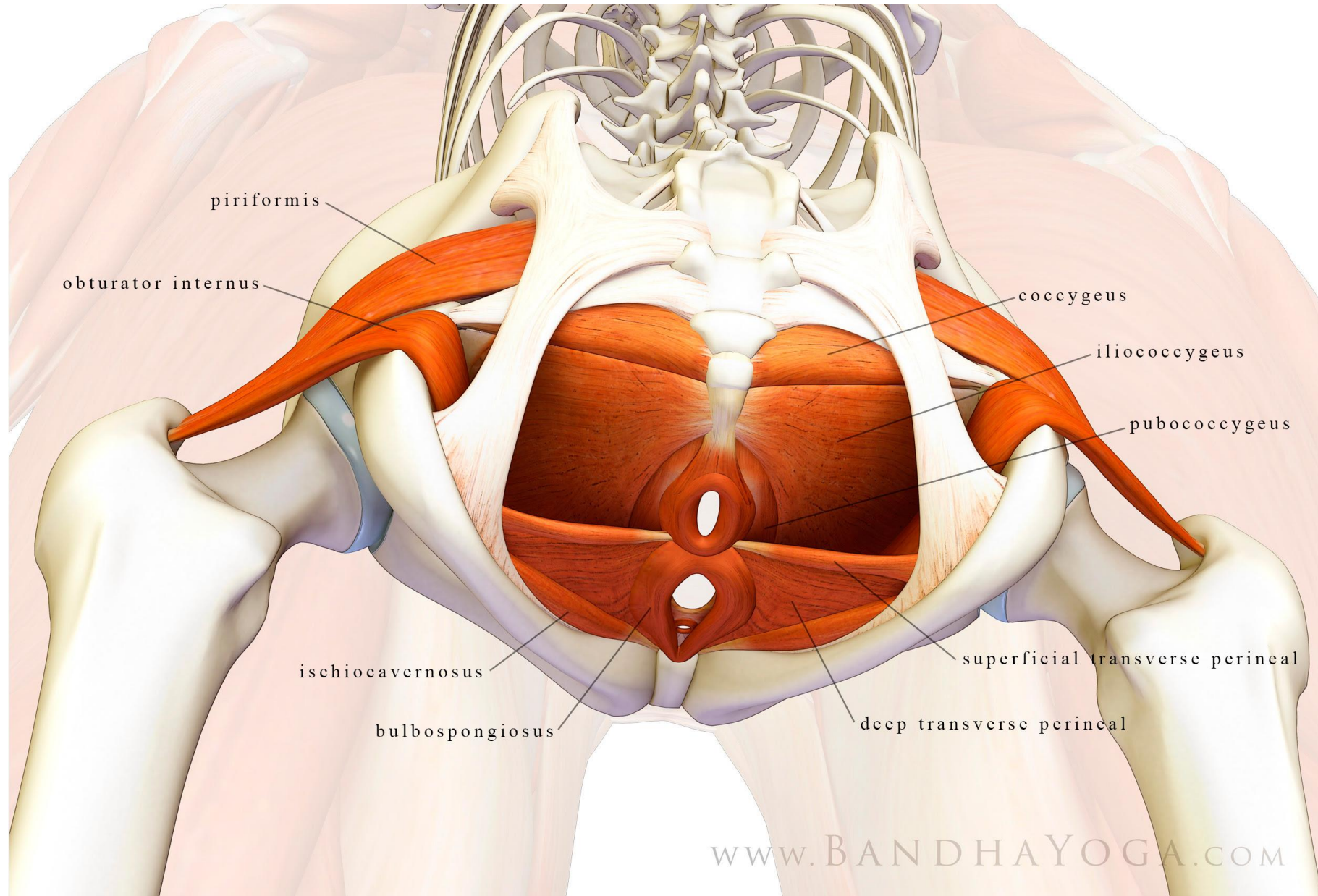


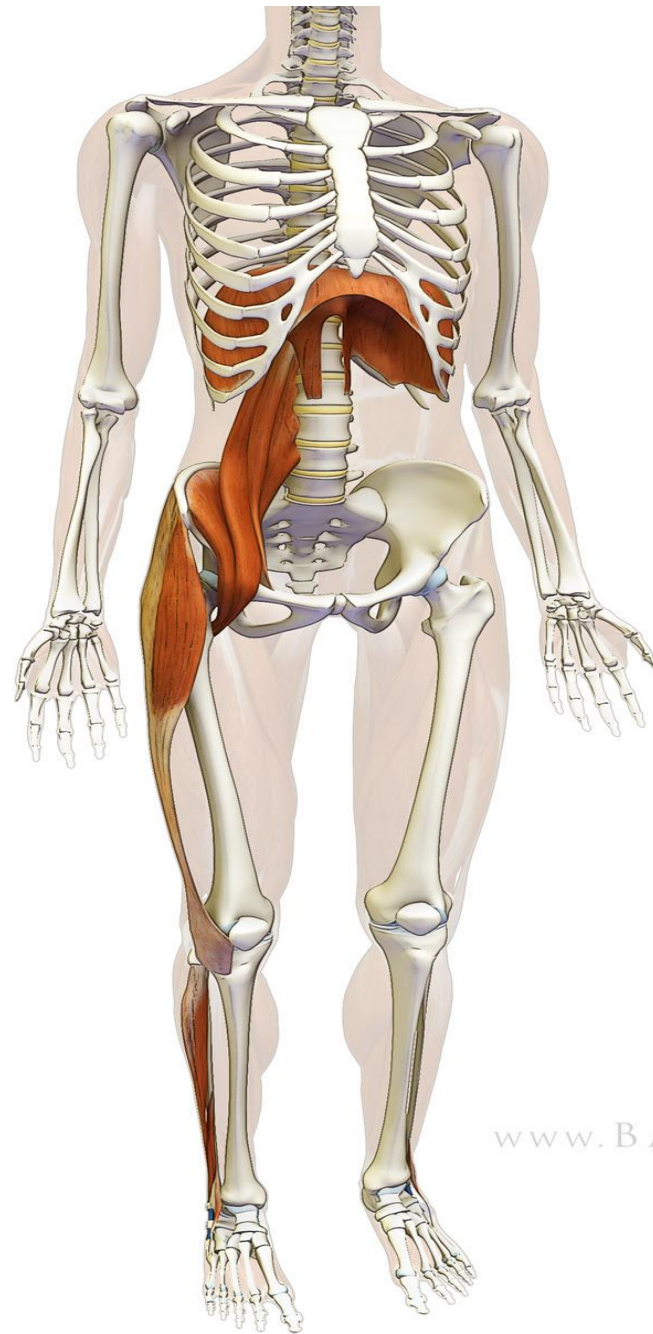
Bandha Yoga



Bandha Yoga

www.BANDHAYOGA.COM

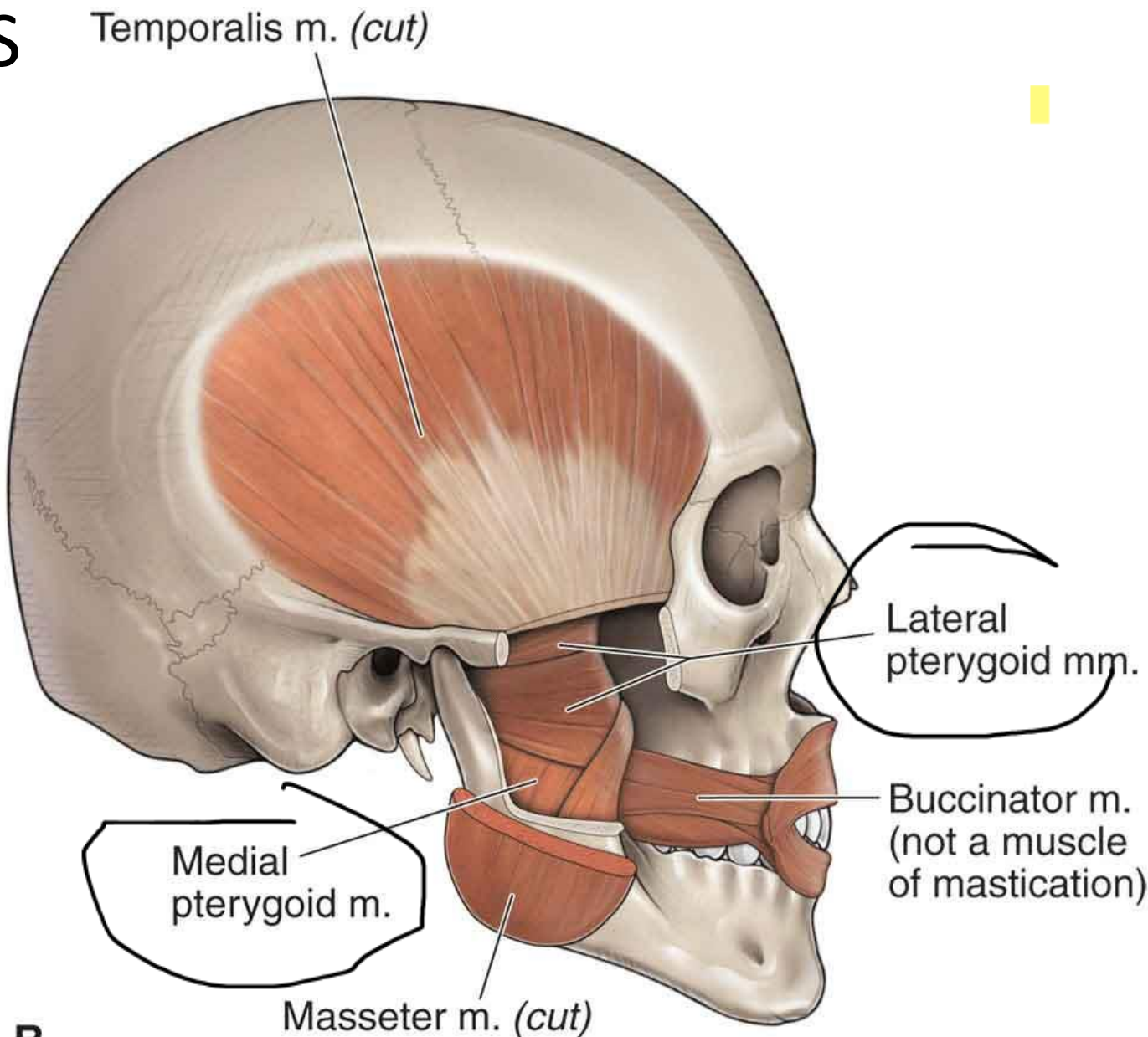
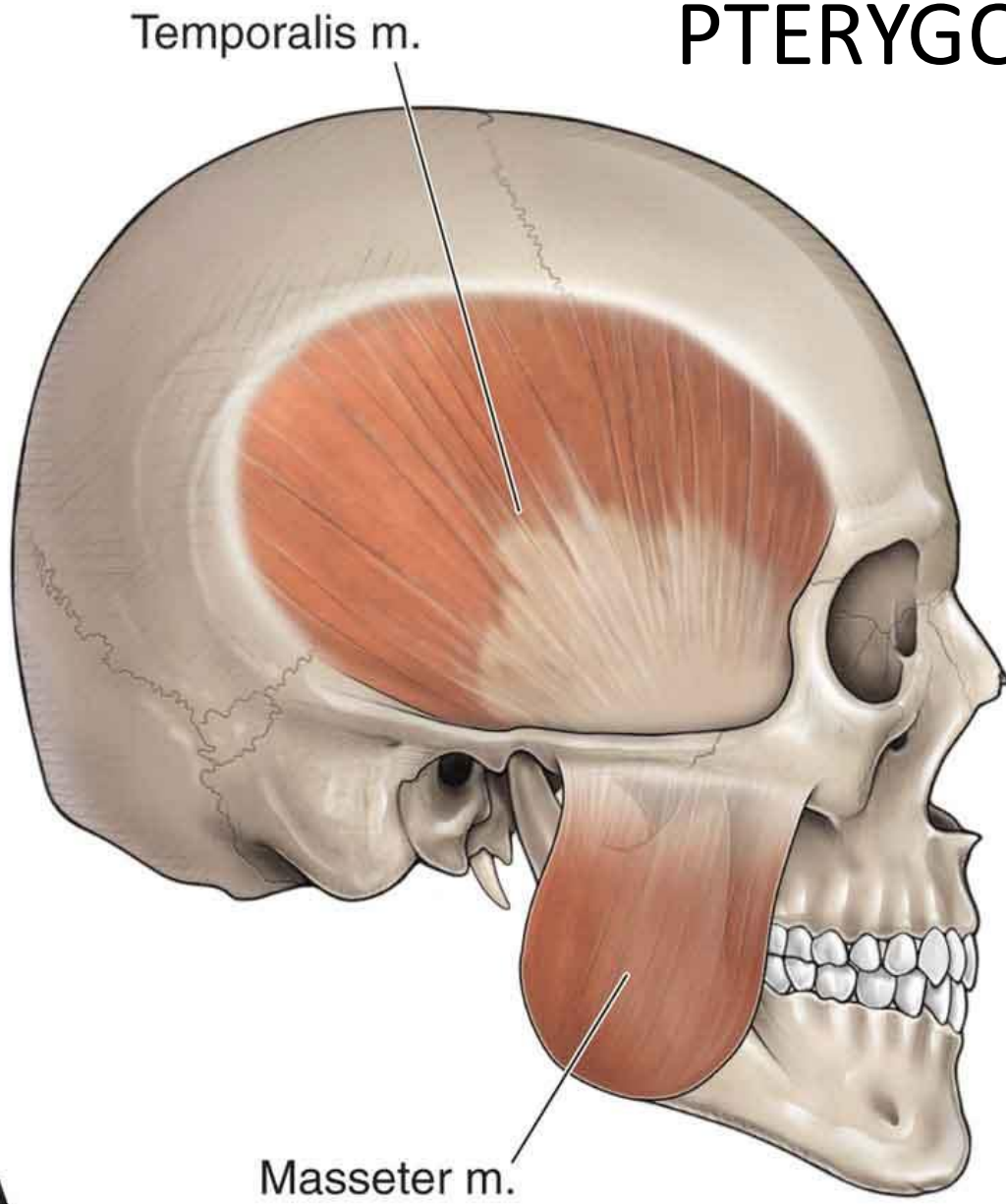




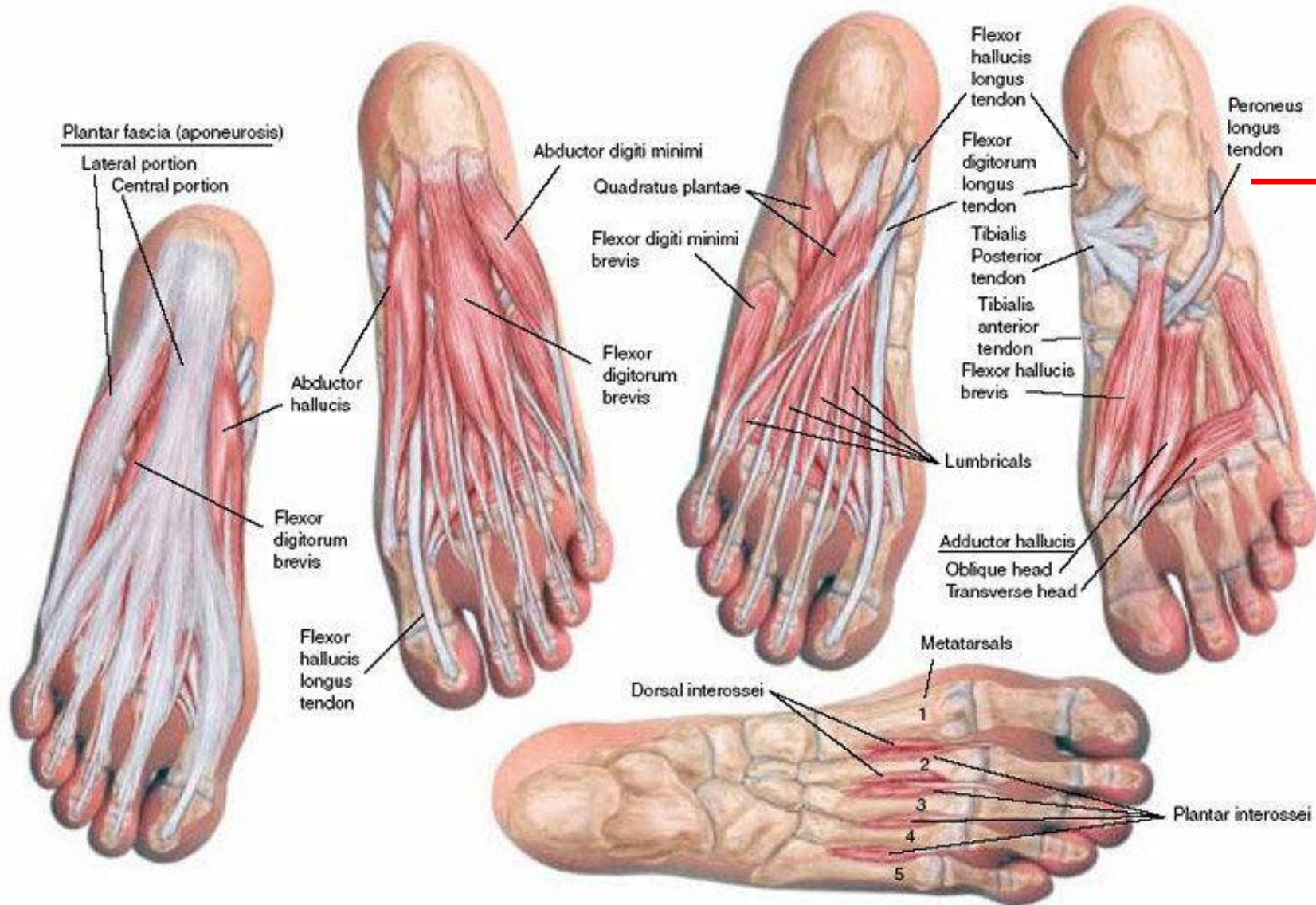
Bandha Yoga

www.BAN

PTERYGOIDS



PADA – PLANTAR FOOT MUSCLES



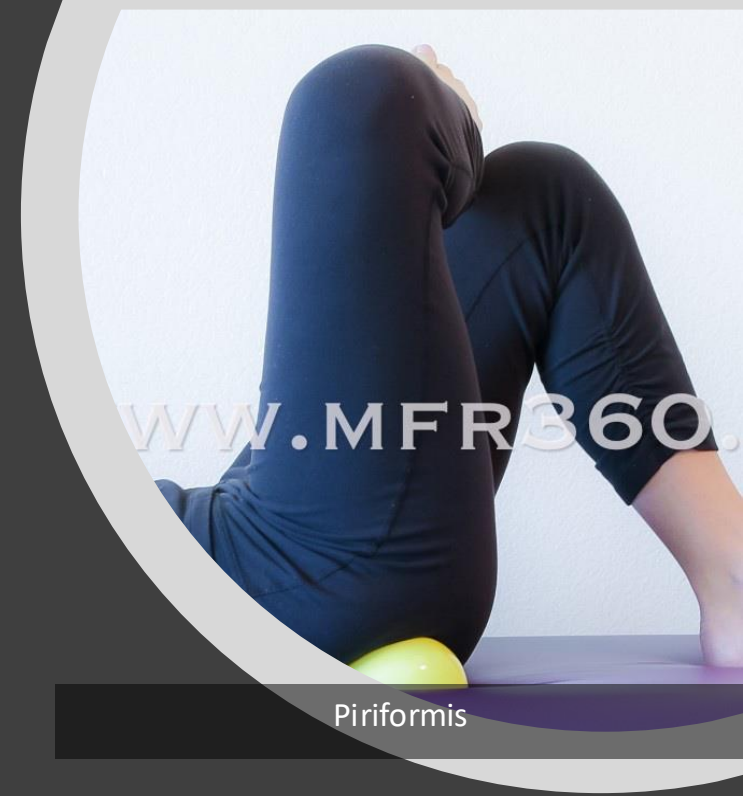
**PERONEUS
TENDON**



Psoas



Pterygoids



Piriformis



Pada

Tension Triad: 3 P's + 1:
*first check respiratory diaphragm;
end practice with glute bridges*

Acknowledgement to Dawne Nance, PT, MFR Specialist for her ***Tension Triad*** concept