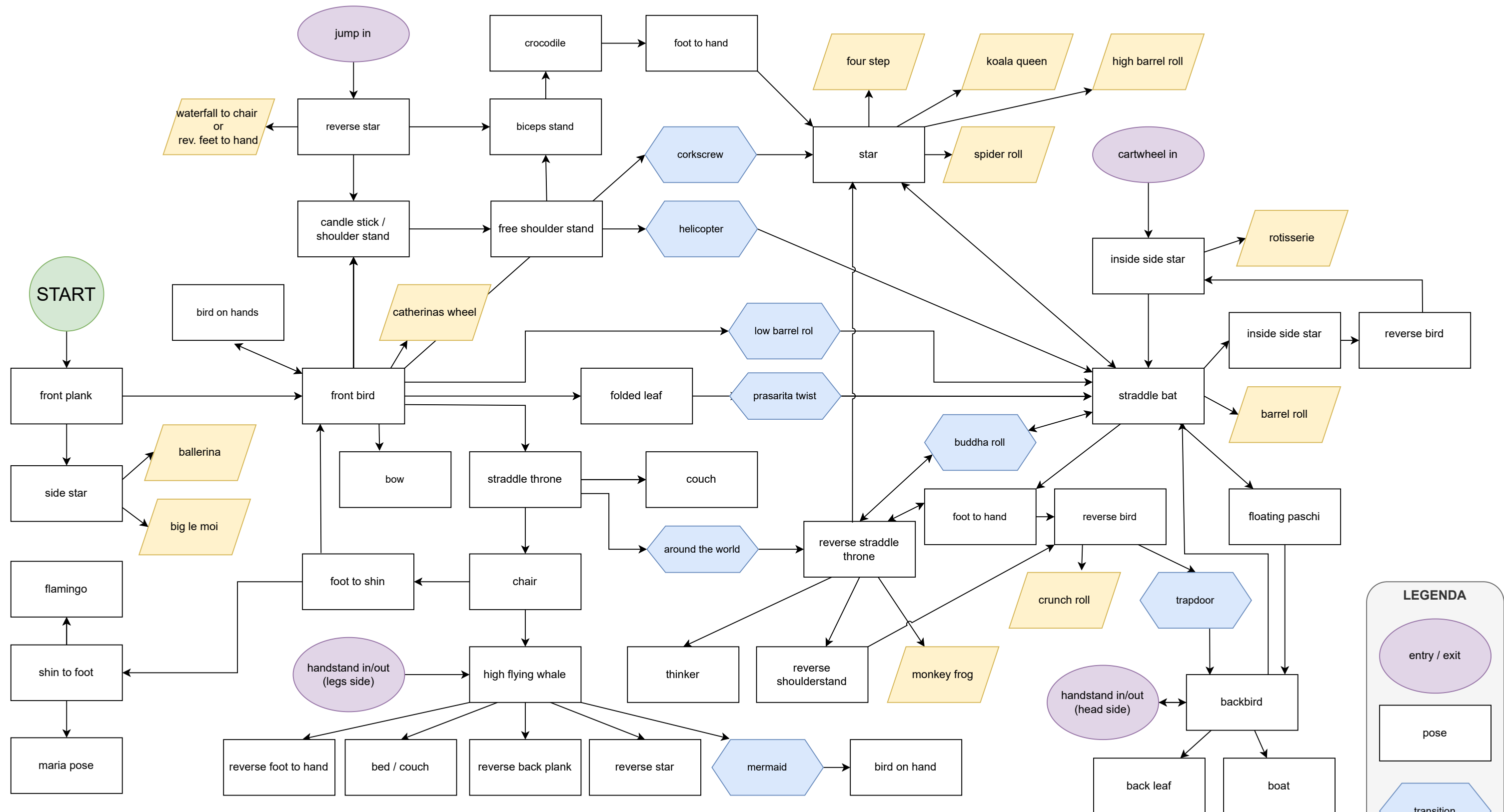


ACROYOGA L-BASING

BEGINNERS / EARLY INTERMEDIATE POSES



Rene Smit
@rcsmit
CC BY-NC 4.0

Extra
poses:

tuck sit

reverse shin to foot

reverse foot to shin

(reverse)
foot to foot

(baby) (reverse)
hand to hand

PDF : rene-smit.com → (acro)Yoga → [acroyoga-flowchart](#)

Interactive version : <https://rcsmit.github.io/acroyoga>

LEGENDA

entry / exit

pose

transition

washing machine