

# Bakasana

Crane Posture



Supine Variation  
Great option if you have wrist issues



Prep with Hands Lifted  
Squeeze knees towards arms



Prep with Heels Lifted, Hands at Heart  
Squeeze knees towards arms



Prep with One Foot Lifted  
Hug elbows and knees toward midline



Blocks Under Heels for Height  
Bolster support in case you fall



Chair Prep - Forward Fold  
Spread palms open under shoulders