

# Inversions

**A1**



**B1**



**A2**



**B2**



**A3**

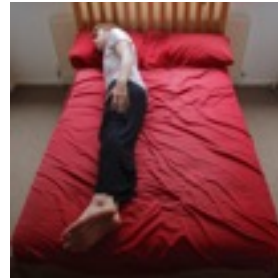


**B3**



A1-3: facing up, in the middle of the bed, legs together, arms out

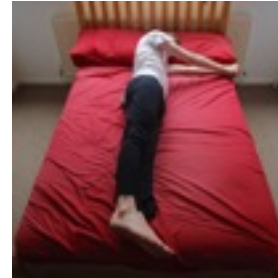
B1-3: facing up, in the middle of the bed, legs apart, arms out



**D1**



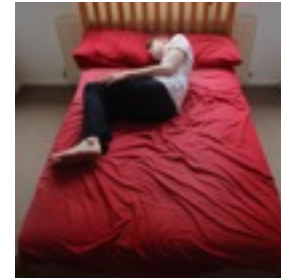
**D2**



C1-2: on your side, on the side of the bed

D1-2: on your side, in the middle of the bed, arms out

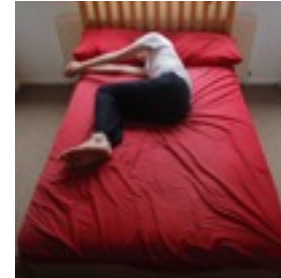
**E1**



**E2**



**F1**



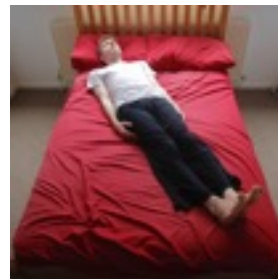
**F2**



E1-2: on your side, in the middle of the bed, legs up

F1-2: on your side, in the middle of the bed, legs up, arms out

**G1**

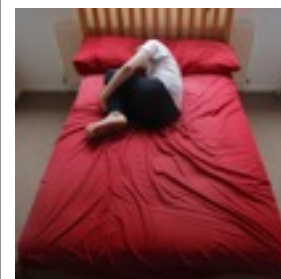


**G2**



G1-2: facing up, diagonally across the bed

**H1**



**H2**



H1-2: on your side, curled up