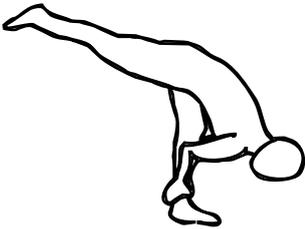


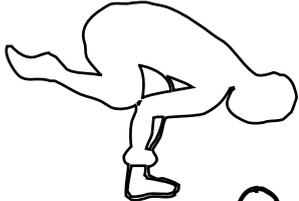
- 1) Utthita Hasta Padangusthasana (extended hand to big toe)
Start with right leg lifted
- left standing foot: outside edge parallel with the mat
 - avoid locking the knee
 - focus on “pushing” the R leg higher by pushing the L foot into the floor and L hip bone forward, not pulling leg with the hip flexor

~transition: sweep R leg back, torso towards thigh, hands down ~



- 2)Urdhva Prasarita Eka Padasana (standing split)
- keep standing knee soft; try to get belly button to thigh
 - keep hips level: R toes facing mat, thigh rolling in
 - staying level: inhale- pull R leg up, exhale- push heel into the mat and sitz bone backward
 - try balancing using only one hand or no hands (hold ankle)

~transition: tuck R knee behind L knee~

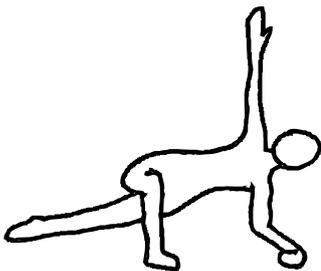


- 3) Garudaasana(eagle)variation: leg crosses behind, not in front
- keep L heel grounded, knee behind toes; work to deepen the squat
 - inhale-pull thighs together, R heel towards butt, exhale- push R sitz bone back



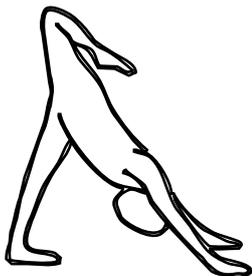
- 4) Eka Pada Prasaranasana (low lunge)
- keep back leg extended, heel vertical (not rolling in/out)
 - inhale- hold hamstring and try to pull hip backwards, exhale- push back foot into the mat

~transition: pivot toes to the left~



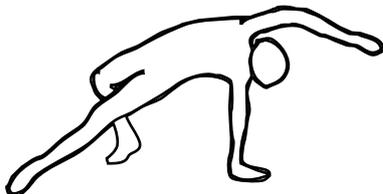
- 5) Vasistasana variation: leg in front in 90°
- adjust front foot so knee is tracking over the middle toe
 - inhale- lift ribs and bottom leg, exhale-push forearm and foot into the mat
 - keep knee behind toes, shoulders away from ears

~ transition: turn towards mat and taka plank; sweep bent leg up ~



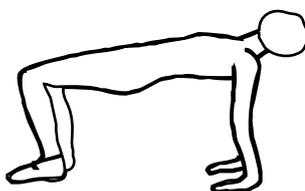
- 6) Tri Pada Adho Mukha Svanasana (3-legged dog) variation
- keep shoulders level
 - keep standing knee soft pushing sitz bone back
 - open hip to capacity
 - may be done with standing heel up (high heel) or on the mat

~ transition: pivot on foot and drop bent knee behind on floor ~



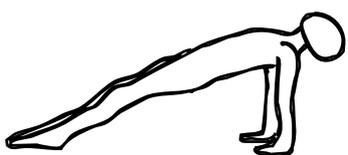
- 7) Camatkarasana (wild thing)
- R knee 90°, adjust foot so R knee tracks over middle toe
 - L leg extended, side of the foot to the mat
 - inhale- lift ribs and hips, exhale- push points of contact: L hand, side of L foot, R foot

~ transition: R hand down, L fingers toward feet, L knee into 90° ~



- 8) Ardha Purvottanasana (reverse table)
- sides of the feet parallel with the mat (slightly pigeon-toed)
 - neck: either look at belly button or up, don't drop head back
 - inhale- roll shoulders around and down the back, exhale- push hands and feet into mat

~ transition: extend legs out, point toes ~



- 9) Purvottanasana (upward plank)
- roll thighs in, try to touch big toes together and to the mat
 - inhale- roll shoulders around and lift chest, exhale- push hands and point toes into mat

~ transition: R leg over into lunge, stand up and do second side! ~