



- 1) Tadasana with Urdhva hastasana arms
- 2) Vrksasana
- 3) Utkatasana
- 4) Virabhadrasana II
- 5) Utthita Parsvakonasana
- 6) Virabhadrasana I
- 7) Prasarita padottanasana I
- 8) Adhomukha Svanasana
- 9) Sukhasana – add in some “shoulder poses” here
- 10) Marichyasana I- twist only (twisting away from bent leg-same arm as leg)
- 11) Marichyasana III- (twisting towards bent leg-opposite arm to outside of leg)-omit if menstruating
- 11) Viparita Karani- (if menstruating do Supta baddha konasana)
- 12) Savasana (not shown)

Props Needed: 2 wooden blocks, 1 bolster, foam blocks or blankets. Enjoy!

