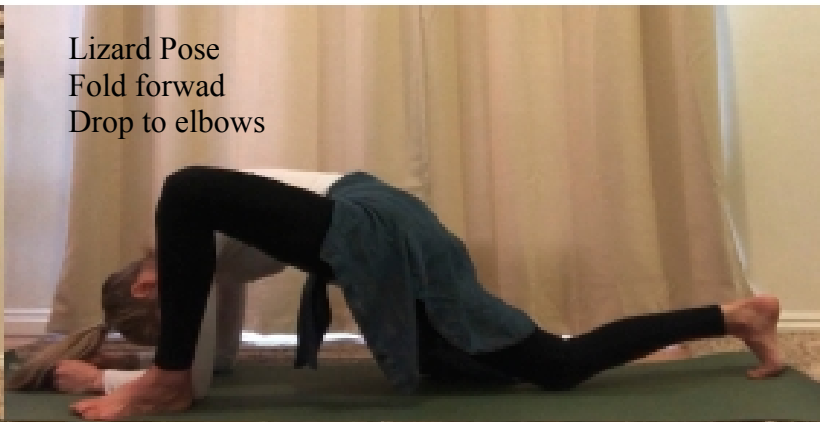


Modified Warrior 1  
Hips forward  
Chest up



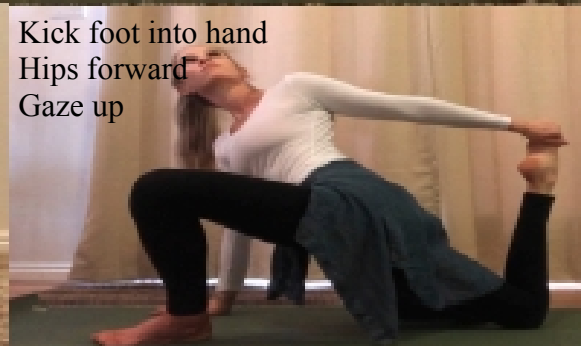
Lizard Pose  
Fold forward  
Drop to elbows



Frog Pose  
Rest on elbows or lay down  
Keep hips in between knees



Kick foot into hand  
Hips forward  
Gaze up



Modified Pigeon  
Draw shoulders over hips  
Press both hips towards matt



Straddle forward fold  
Grip toes or heels and pull upward  
Engage upper back  
Lean forward



Sleeping Swan  
Fold forward  
Rest on elbows or hands



Straddle Splits  
Reach for big toes and pull toes towards matt  
Try to keep extended spine



Squat on one side  
Keep hands in front of hips  
Point extended leg toes towards ceiling



Lie on back soles of feet together, crossed or in lotus  
Let knees and low back relax towards matt

