

Standing poses done on one side at a time before doing on the second side. Hold each pose long enough to balance and take one or two breaths before moving onto the next.

Tadasana



Trikonasana



Virabhadrasana II



Utthita Parsvakonasana



Trikonasana



Ardha Chandrasana



Parsvottanasana (hands on blocks)



Prvritta Trikonasana (use blocks if necessary)



Parsvottanasana (hands on blocks)



Virabhadrasana III (use blocks if necessary)



Prvritta Parsvakonasana



Prasarita Parsvottanasana



Tadasana



Repeat sequence on the second side