

Posture flow from Artha Yoga Classes

Warm up with Sun Salutations or other warm up sequence

Standing Vinyasa

Tadasana Mountain Pose

Five Pointed Star



Vrikasana Tree Pose *both sides*



Trikonasana - Triangle pose *Right side*



Utthita Parsvokonasana Ext. Side Angle *Left side*



Virabhadrasana I-Warrior 1 pose *Right side*



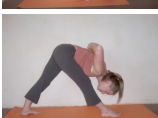
Virabhadrasana II - Warrior 2 pose *Left side*



Virabhadrasana III - Warrior 3 pose *Right side*



Ardha Chandrasana - Bal.1/2 moon pose *Left side*

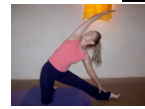


Parsvottanasana - Pyramid pose *Right side*

Repeat this sequence starting with Triangle pose on the left side.



Virasana Simple Seated pose



Parighasana - Gate pose



Setu Bandhasana - Bridge Pose

Pidgeon Sequence



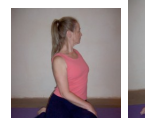
Adho Mukha Svanasana-Downward facing Dog



Raja Kapotasana-Pigeon Pose *right knee forward*



Janu Sirsasana - Forward bend *right knee*



Bharadvjasana I - Twist, *knees to the right*

Repeat Other Side



Dandasana - Staff pose

Savasana - relaxation pose

