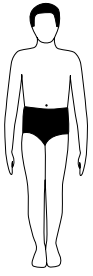


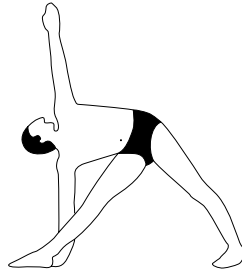
THIRTY MINUTE PRACTICE OF STANDING POSES
COMPILED BY KAREN ALLGIRE, CIYT



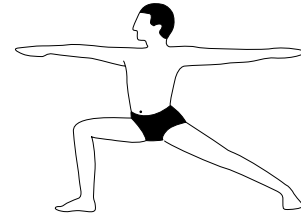
Tadasana
 Mountain Pose



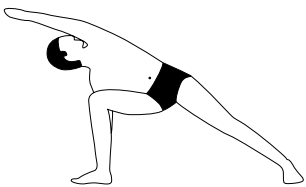
Vrksasana
 Tree pose



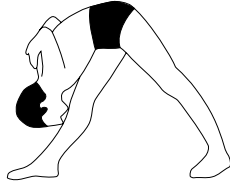
Utthita Trikonasana
 Extended Triangle Pose
Hand on shin or block



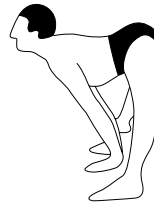
Virabhadrasana II
 Warrior Pose II



Utthita Parsvakonasana
 Extended Side Angle Pose
Hand on block



Parsvottanasana
 Intense Side Extension
Hands on floor or blocks



Prasarita Padottanasana
 Expanded Legs Intense Pose
Hands on floor or blocks



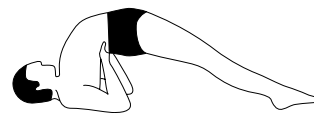
Uttanasana
 Intense Extension Pose
Hands on floor or shins



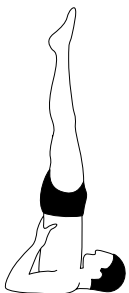
Adho Mukha Svanasana
 Downward Facing Dog Pose



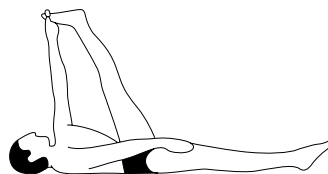
Bharadvajasana
 Sage Twist Pose
Twice each side



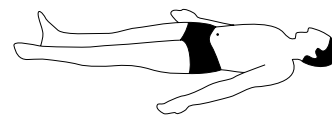
Chatuspadasana
 Four legged pose
*Image is actually Setu Bandha Sarvangasana
 To do Chatuspadasana, knees are bent, feet flat, hands hold belt or ankles*



Salamba Sarvangasana
 Shoulder Balance
3-5 minutes



Supta Padangusthasana
 Reclining Big Toe Pose
Use belt on foot, leg at 90



Savasana
 Corpse Pose