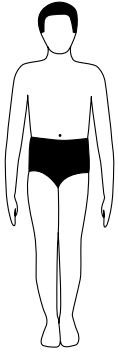
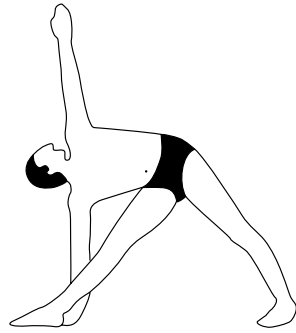


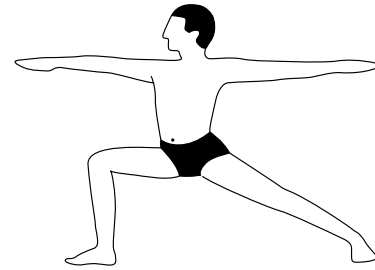
**TWENTY MINUTE PRACTICE OF STANDING POSES**  
**COMPILED BY KAREN ALLGIRE, CIYT**



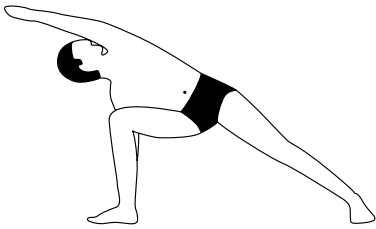
**Tadasana**  
Mountain Pose



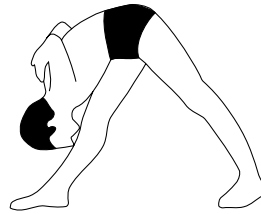
**Utthita Trikonasana**  
Extended Triangle Pose  
*Hand on shin or block*



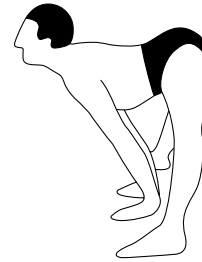
**Virabhadrasana II**  
Warrior Pose II



**Utthita Parsvakonasana**  
Extended Side Angle Pose  
*Hand on block*



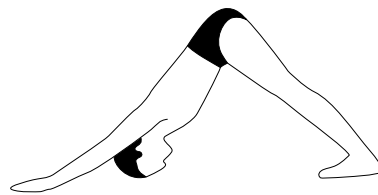
**Parsvottanasana**  
Intense Side Extension  
*Hands on floor or blocks*



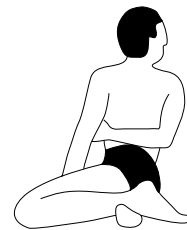
**Prasarita Padottanasana**  
Expanded Legs Intense Pose  
*Hands on floor or blocks*



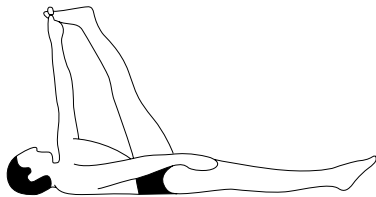
**Uttanasana**  
Intense Extension Pose  
*Hands on floor or blocks*



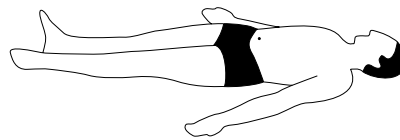
**Adho Mukha Svanasana**  
Downward Facing Dog Pose



**Bharadvajasana**  
Sage Twist Pose  
*Twice on each side*



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



**Savasana**  
Corpse Pose