



Strong and Steady

1. Downward Facing Dog (Adho Mukha Svanasana)
2. Knee to Nose
3. High Crescent Lunge (Anjayneasana)
4. Crescent Open Arm Twist (Utthita Parivrtta Anjaneyasana)
5. Twisted Reverse Warrior (Parivrtta Viparita Virabhadrasana)
6. Warrior II (Virabhadrasana II)
7. Sky Archer
8. Extended Side Angle Pose (Utthita Parsvakonasana)
9. Triangle (Trikonasana)
10. Downward Facing Dog (Adho Mukha Svanasana)