

VISVAMITRASANA

Step + block

visvamitra = king turned sage
outlying warrior pose

super wide
balasana



warm up
shoulders ~
wrists



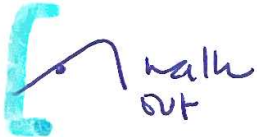
slide
to each



kona

(+) side stretches
(+) lift leg?

Roll out
+ wrists



walk
out



twist
(x f)

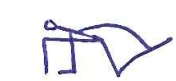


rotate

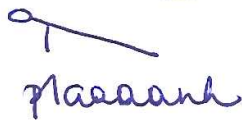
(+) lift leg!



hands
inside
foot

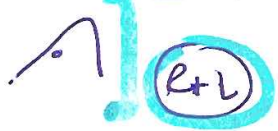


elbow
down?



pigeon

...



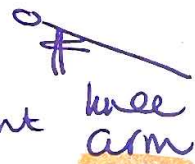
(R+L)



lower knee down
+ foot to side



(+) lift knee
(+) stretch leg out to front
(+) tap foot on mat



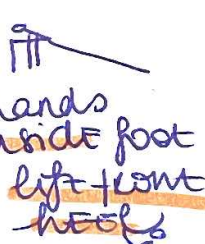
knee to R/L
arm

go to

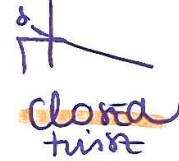


pigeon

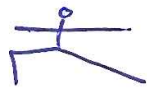
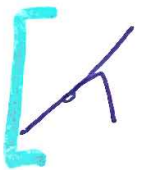
press to



hands
inside foot
+ lift front
heel



closed
twist



crunches



sun



parvra

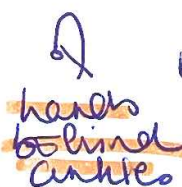


triko



parvottan
(+) lift front heel

jump
tw. (R+L)



hands
behind
ankle

to Malasana

step one foot to
back (keep hand behind
ankle)



+ airplane

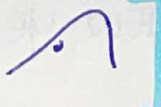
to lizard?



to hands inside foot + she pad prep!

straighten front leg out

(3x)

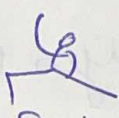
[v]  (LH)

child's pose **RESET** + wrist therapy!

- > rocking baby
- > knee to back
- > backfack (elephant's trunk)
- > compare pose (STAP)

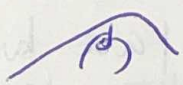
(RH)

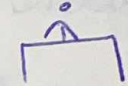


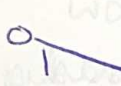

crunches 

parvra + bind?
turn chest open

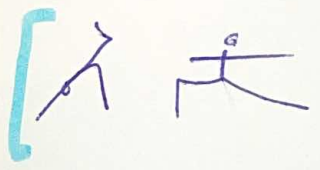
down.
hand outside / strap foot
foot + just lift!
prep visvami

 + soden
pranata
(C)



shoulder dip



 ...  (RH)

mental prep
last round
RESET

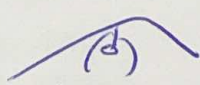



round
parvra.



visramitrasana
(+ STAP!)

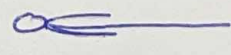
 ...  (RH)
padahastha
for wrist stretch

STRETCH
& LOONG JAVASANA


hone + side stretch


deen + twist


happy baby
of twist
(+ strap foot)

 aaaaaah ...