

Sun Salutation B

Thunderbolt-Utkatasana

Alignment:

- lift toes and shift most of weight into heels
- keep spine neutral
- rotate arms so thumbs move outward
- broaden upper back



Drishti:

- straight ahead
- point in between hands

Assists:

- place feet together
- lift chest and arms while lowering shoulders
- tuck tailbone in
- support hips

To connect Vinyasa:

- standing forward bend
- Halfway Lift
- High Pushup to Low Pushup
- Upward Facing Dog
- Downward Facing Dog

Warrior I-Virabhadrasana I

Alignment:

- from Downward Facing Dog, step right foot up in between hands
- bring hands over head
- bend right knee to 90 degree angle and move to right little toe
- keep hips forward-move left hip forward and right hip back
- straightened back leg
- edge of foot presses into floor

Drishti:

- forward or space between hands

Assists:

- shorten/lengthen stance as necessary
- square hips

