

- reach arms up and lower shoulders
- press on edge of back foot

- High Pushup to Low Pushup
- Upward Facing Dog to Downward Facing Dog
- Warrior I on opposite side

Warrior II-Virabhadrasana II

Alignment:

- press through edge of back foot
- front knee on top of ankle
- rotate inner thighs out and away from each other
- drop shoulders
- reach through fingertips

Drishti:

- middle finger of front hand

Assists:

- shorten/lengthen stance as necessary
- guide shoulders back and down
- extend both arms, pull forward and backward

- High Pushup to Low Pushup Position
- Upward Facing Dog to Downward Facing Dog
- Warrior II on opposite side

