

- bend right knee to a 90 degree angle
- keep hips open
- straightened back leg



Assists:

- put front forearm to top of front thigh for support
- press down on edge of back foot
- guide front knee to little toe
- open chest
- hold hands or fingers to help reach



Side Plank-Vasisthasana

Alignment:

- stack heels, hips, and heart in one line
- lift hips upward
- press arms away from each other
- drop shoulders

Assists:

- put front forearm to top of front thigh for support
- press down on edge of back foot
- guide front knee to little toe
- open chest
- hold hands or fingers to help reach



To connect Vinyasa:

- High Pushup to Low Pushup
- Upward Facing Dog to Downward Facing Dog
- repeat on left side
- complete in standing forward bend to Thunderbolt

Chair Prayer Twist-Parivrtta Utkatasana

Alignment:

- keep feet and knees together
- move hips low
- keep hips/tailbone back and move chest forward
- twist from torso

