

Assists:

- set lower hand on block
- align knees together
- gentle fist on uddiyana and other guiding tailbone to floor
- lengthen twist
- keep arms aligned



-Thunderbolt

-Prayer Twist to opposite side

## **Gorilla Pose-Padahastasana**

Alignment:

- feet hip distance apart
- walk toes up so they are touching inside of wrists
- hang head to floor

Assists:

- knees bent
- lengthen through back
- hips forward over ankles



## **Crow-Bakasana**

Assists:

- demonstrate pose first; show optional modifications
- focus is forward
- touch big toes together



## **Tripod headstand (option from crow)**

Assists:

- demonstrate pose first; show optional modifications

