

- **Modifications-**

- i. Standing leg knee bent
- ii. Hands on the standing leg

IV. Dancer's Pose/Standing Bow

- **Dialog-** Stand on your right leg. Grab the left ankle with the left hand. Kick the shin up and back. Keep the chest lifted.

- **Modifications-**

- i. Use strap
- ii. Use wall

V. Tree Pose

- **Dialog-** Stand on the right leg. Lift the left foot up to the inner right thigh. Reach the arms up.

- **Modifications**

- i. Use toes as rudder
- ii. Foot at ankle
- iii. Use wall