

V. Revolving Crescent Lunge

- **Dialog-** (From Crescent Lunge, right leg forward)... Bring your palms together at the center of the chest. Turn the torso. Hook the left elbow outside the right thigh. Open your wings.
- **Modifications**
 - i. Back knee, top of foot down
 - ii. Block under bottom hand
- **Adjustments**
 - I. Stabilize hips, elongate spine, guide ribs into twist
 - II. Stabilize, roll shoulders open

VI. Extended Side Angle/Bent Knee Triangle

- **Dialog-** (From Warrior II)... Reach the torso forward. Place your right hand to the floor inside the right foot. Reach the left arm up.
- **Modifications**
 - i. Right forearm on the right thigh
 - ii. Right fingertips an inch off the floor
 - iii. Right hand outside the right foot
 - iv. Right hand on a block
 - v. Left arm over the left ear
 - vi. Wrap
- **Adjustments**
 - i. Adjust front knee