

- i. Top hand on hip
- ii. Back foot at wall
- iii. Strap around front thigh

- **Adjustments**

- i. Ground back leg
- ii. Soften shoulders
- iii. Extension in upper arm
- iv. Thigh rotation, top hip lift
- v. Open chest, revolve torso

X. Straddle Forward Bend

- **Dialog-** (from Warrior II, right leg forward...) Straighten the front leg. Turn the toes in pigeon toed. With hands at hips lift the chest. Fold forward. Take hands to the mat.
- **Modifications-**
 - i. Hands stay at the hips
 - ii. Slight bend in the knees
 - iii. Rest top of the head on a block

XI. Pyramid

- **Dialog-** (from Warrior I, right leg forward...) Straighten the front leg. Reach back in reverse Namaste. Lift the chest. Fold forward. Let your head be heavy.
- **Modifications**
 - v. Clasp wrists or elbows behind the back
 - vi. Bend the knees slightly