



Triangle

1. Stand with left foot against the wall. Step right foot away into medium wide stance. Turn right foot out. Heel of right foot should be in line with arch of left foot. Open trunk at the waist. Lower right hand to right shin/ ankle. Reach left arm up, opening chest. Shift gaze toward left hand.

Hold 45-60 seconds. Repeat on other side.

Side Warrior

4. Begin as in Warrior. Turn pelvis and shoulders to face sideways. Lengthen arms away from body in opposite directions. Turn gaze toward front hand.

Hold 45-60 seconds. Repeat on other side.



Warrior

3. Take a long step forward with back foot turned out or up on toes. Shift weight onto front leg, bending knee to 90°. Keep knee aligned over second toe. Square pelvis. Interlace thumbs and reach arms overhead. Find your balance point then shift gaze up toward hands.

Hold 45-60 seconds. Repeat on other side.



Side C Warrior

2. Begin as in Triangle. Bend left knee to 90°, with knee aligned over ankle. Reach right arm overhead, stretching from the waist.

Hold 45-60 seconds. Repeat on other side.

