



CROSS LEG FORWARD FOLD

(Adho Mukha Sukhasana)

- Feet under thighs
- Sphinx arms, elbows on the ground
- Neutral Neck
- Slightly rounded spine



SEATED TWIST

(Ardha Matsyendra)

- Crown of head over tailbone
- Lower leg knee in line with navel
- Heel of lower leg foot in line with opposite hip
- Grounded foot on thigh side of the lower leg
- Elbow outside of tall knee



BOUND ANGLE

(Baddha Konasana)

- Heels close to the groin, 4-6" gap
- Interlaced hands around toes
- Tall spine, ears over shoulders over hips
- Knees lower than elbows



SEATED ONE LEG FORWARD FOLD

(Janu Sirsasana)

- Bent leg heel close to groin, 4-6"
- Hands no more than 9" from sole of foot using strap
- Spine long, not over-rounded
- Neutral neck



DIAGONAL BALANCE – BIRD DOG
Floating hand inline with the shoulder
Floating foot inline with the hip
Grounded wrist under shoulder
Grounded knee under hip



KNEELING DIAGONAL BOW
Hand holding opposite ankle or foot
Floating knee not lower than the hip
Grounded wrist under shoulder
Grounded knee under hip



LOCUST
(Salabhasana)
Chest and knees off the floor
Legs straight
Arms at least parallel to the floor



COBRA
(Bhujangasana)
Arms straight or slightly bent
Thighs grounded
Chest lifted



BOW

(Dhanurasana)

- Hands holding ankles or feet
- Feet higher than shoulders
- Shoulders higher than knees
- Knees at least 4" off the mat
- Knees no wider than the shoulders



LOW PLANK

(Chaturanga Dandasana)

- Ankles, knees, hips, shoulders, and ears in a straight line
- Elbows grounded under shoulders
- Hold for 30 seconds



STAR

(Utthita Tadasana)

- Arms inline with the collar bones
- Legs wide – ankles under wrists
- Feet parallel to short edge of mat



STANDING WIDE LEG FORWARD FOLD

(Prasarita Padottanasana)

- Fingertips and toes in line
- Wrists and elbows inline with the shoulders
- Crown of the head at least within 9" of the floor



TREE
(*Vrksasana*)

- Foot on ankle, calf or thigh
- Hands on hips, heart or overhead
- Hold each side for 20 seconds



SQUAT
(*Malasana*)

- Big toes touching, knees together
- Sitting bones within 4" of the heels
- Heels may be on or off the floor
- Arms parallel to the floor



EXTENDED TRIANGLE
(*Utthita Trikonasana*)

- Legs straight
- Heel of front foot in line with arch of back foot
- Back foot grounded and toes turned in 2-3"
- Lower hand on 6" block (or lower)
- Lower wrist under shoulder
- Top hand over shoulder
- Upper body in line with front leg



WARRIOR II
(*Virabhadrasana II*)

- Heel of front foot in line with arch of back foot
- Back foot grounded and toes turned in 2-3"
- Front knee over ankle
- Arms in line with the collar bones
- Crown of the head over the tailbone (spine erect)
- Ears equal distance from floor



EXTENDED SIDE ANGLE

(Utthita Parsvakonasana)

- Heel of front foot in line with arch of back foot
- Back foot grounded and toes turned in 2-3"
- Front knee over ankle
- Lower hand on 6" block (or lower)
- Crown of head in line with spine
- Straight line from back ankle to top hand



INTENSE SIDE STRETCH

(Parsvottanasana)

- Gap of 2-4" between front and back heel
- Back foot turned in at least 45 degrees
- Hands at least able to get to 9" blocks
- Straight arms and straight legs
- Wrists under shoulders
- Flat back
- Crown of head in line with spine



HIGH LUNGE

(Ardha Hanumanasana) Variation

- Front knee over ankle
- Hips as low as front knee
- Straight back leg
- Heel of back foot high
- Hands in line with front foot
- Collarbones lifted



DOWNWARD FACING DOG

(Adho Mukha Svanasana)

- Grounded hands with 1" between fingertips (starfish hands)
- Straight line from wrists through shoulders to hips
- Straight line from ankles through knees to hips
- At least 6" between big toes



RECLINED LEG STRETCH WITH STRAP

(Supta Padangusthasana I)

- Both legs straight and active
- One end of the strap in each hand
- Shoulders grounded
- Leg at least perpendicular to the floor and ceiling



RECLINED HIP OPENER WITH STRAP

(Supta Padangusthasana II)

- Both ends of strap in same hand as strapped foot
- Strapped foot out to same side inline with the hip
- Opposite shoulder and hip stay grounded
- Strapped foot within 12" of the floor



RECLINED TWIST WITH STRAP

(Parivrtta Supta Padangusthasana)

- Both ends of strap in opposite hand as strapped foot
- Strapped foot crosses body with straight leg
- Opposite foot rolls onto little toe side
- Strapped foot side shoulder stays grounded
- Strapped foot within 12" of the floor



BRIDGE

(Setu Bandha Sarvangasana)

- Ankles under knees
- Feet parallel and hip distance apart
- Hips at least 9" from mat
- Interlaced hands under hips
- Lift chest towards chin