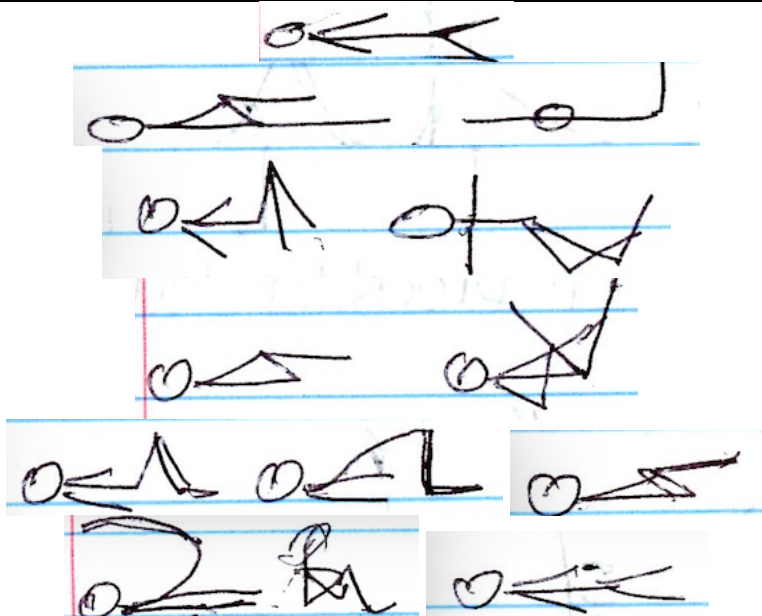
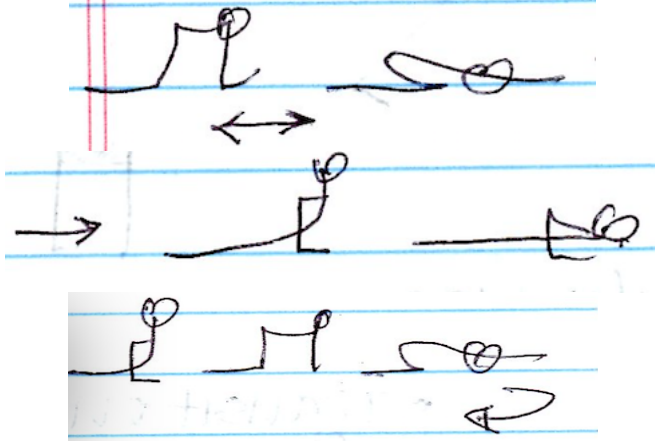
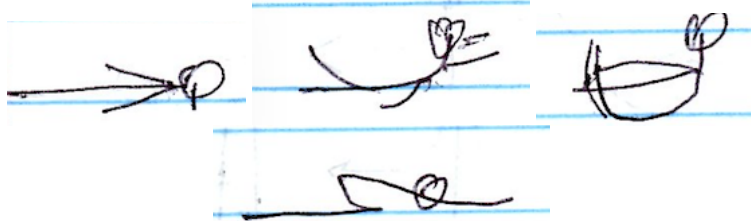
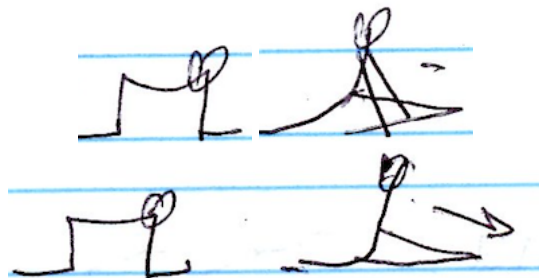
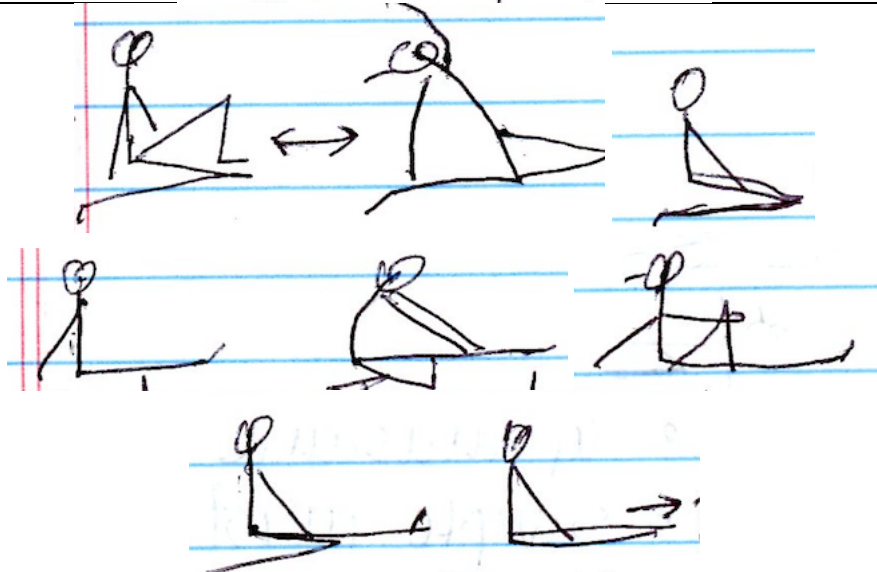
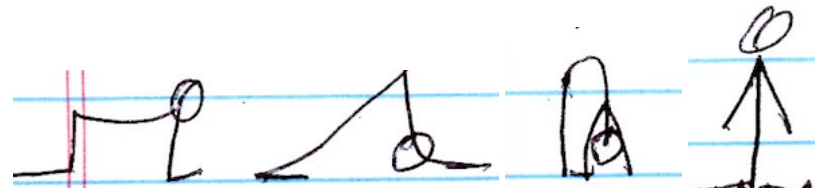


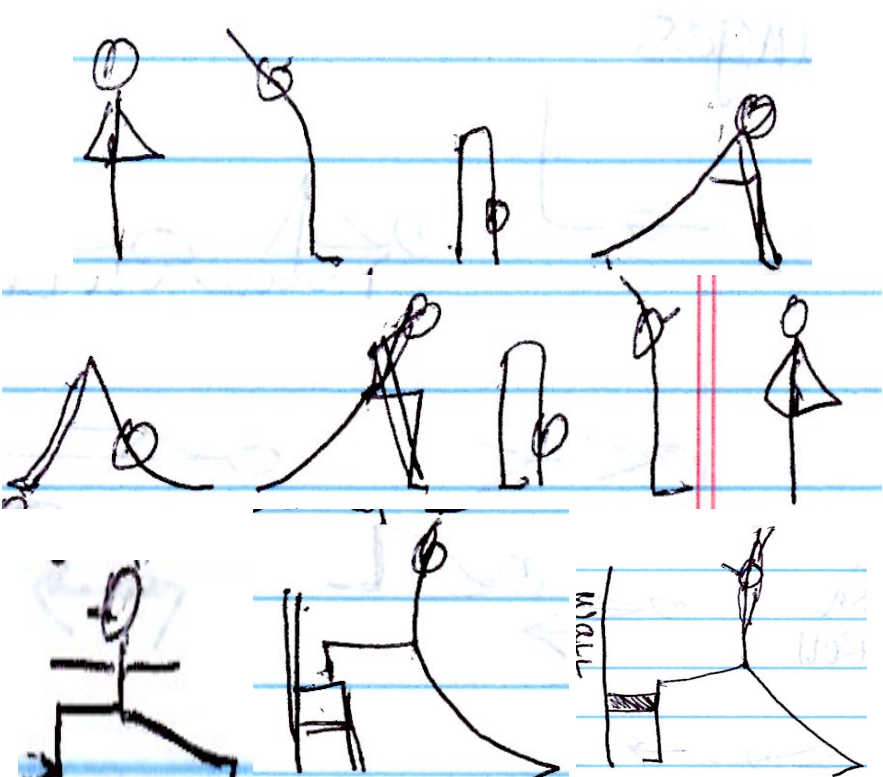
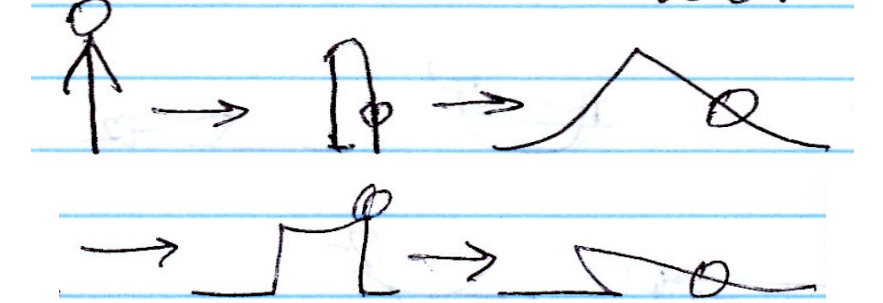
Let's Practice

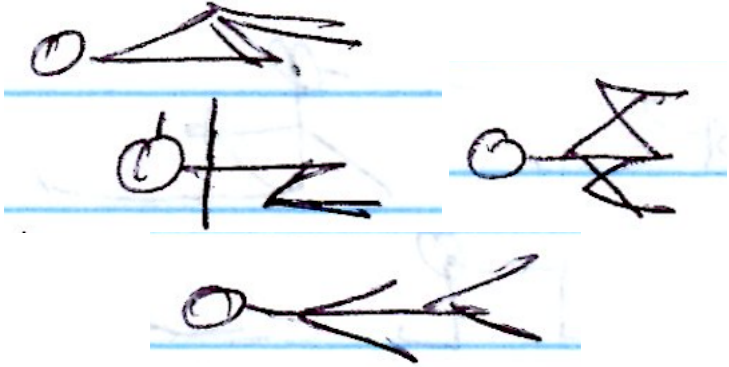
Focus on Lunges

Benefits include balance and stability, strength, alignment and symmetry, length and decompression in hips and legs
Bolsters and Blocks recommended

Position/Orientation	Broad Purpose	More Specific Poses with Instruction	Visuals
Floor on Back	Transitioning & Warming Up	Lengthened on Back – Breathe Reclining lunge and Leg Lifts Simple Twists Apanasana Hip Opening Bridge Pose Rock 'n Roll Rest – Breathe, Feel	
Kneeling/Hands and Knees		Vinyasa: Start on hands and knees Chakravakasana (a few times and then...) Flowing forward to Cobra and then lowering onto Chest Then Flowing back up through Cobra to Table and then Hips to heels Repeat	

Floor on Belly		Rest on Belly head turned in one direction – turn head and continue resting Cobra variations Bow Child's Pose	
Kneeling/Hands and Knees		Table Low Lunge Pigeon w/ heel to public bone	
Seated	Grounded Releasing Openng	Sweeping Hip Lift and Twist Virasana Dandasana Janushrsasana Seated Twist Forward Bend	
Transition to Standing		Downward Dog Uttanasana Tadasana	

<p>Standing</p>	<p>Grounding Aligning</p> <p>Putting it together Flowing Movement with the Breath</p> <p>Leg flexibility and strength Hip and Groin opening Pelvic Cavity space</p>	<p>Sun Salutes variation with high lunge</p> <p>Virabhadrasana II</p> <p>Moving into and out of with breath several time and then hold</p> <p>– Repeat both sides</p> <p>Virabhadrasana I</p> <p>With front foot in chair or with block to the wall</p> <p>Repeat both sides</p>	
<p>Transition to Floor</p>	<p>Transition</p>	<p>Tadasana</p> <p>Forward Bend</p> <p>Downward Dog</p> <p>Table – Hands and Knees</p> <p>Child's Pose</p>	

Floor	Balancing Poses Preparation for Resting Inner Alignment Absorption of efforts and deepening Release	Apanasana Simple Hip releases Happy Baby Sivasana	
Seated	Ending Practice	Simple Pose	