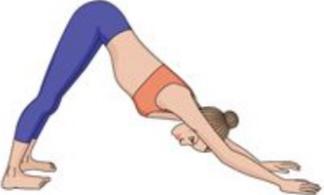


Let's Practice Length and Pelvic Cavity Space

| | | |
|-----------------|--|--|
| <p>Standing</p> | <p>Mountain Pose Tadasana</p> <ul style="list-style-type: none"> • Arms by your side • Arms Up • Arms out |   |
| | <p>Chair Utkatasana</p> |  |
| | <p>Forward Bend Uttanasana</p> <ul style="list-style-type: none"> • Extended • Released |   |
| | <p>Downward Facing Dog Adho Mukha Svanasana</p> |  <p style="text-align: center;">Downward Dog</p> |

| | | |
|---------------------|------------------------------------|--|
| | <p>Tree Vrksasana</p> |  |
| | <p>2 Point Stance</p> | <p>Feet a little wider than hips Knees Bent Hips Shifting back/behind Forearms on thighs Hands in anjali mudra/prayer position</p> |
| | <p>Parsvottanasana with Blocks</p> |  |
| <p>Seated/Floor</p> | <p>Half Hero /Virasana Twist</p> |  |

| | | | |
|--|--|--|--|
| | <p>Stick Pose Dandasana</p> |  | |
| | <p>Repeat other Side</p> | | |
| | <p>Headstand or Bolster on Head Sirsasana</p> |  | |
| | <p>Seated Wide Legged Extended Upavista Konasana</p> |  | |
| | <p>Seated Bound Angle Baddha Konasana</p> |  | |

| | | | | | |
|--------------------------|---|--|--|--|--|
| | <p>Seated Twist with Forward Bend Paschimottasana variations</p> |  |  | | |
| | <p>Stick Dandasana</p> |  | | | |
| <p>Repeat other side</p> | | | | | |
| | <p>Shoulder Stand with Legs apart Salamba Sarvangasana or Wide Legged FB Upavista konasana</p> |  |  | | |
| <p>Reclining/Floor</p> | <p>On back with knees bent feet on floor</p> |  | | | |

| | | | |
|--|---|--|--|
| | <p>With Strap Extending Legs or at the wall</p> |  | |
| | <p>Pelvic Tilt Small and Mild</p> |  | |
| | <p>Twist to 45%</p> |  | |
| | <p>Corpse/Resting pose Sivasana</p> |  | |