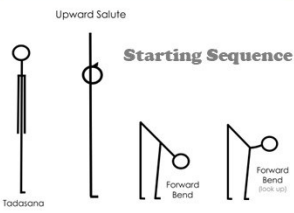


# DAILY YOGA PRACTICE

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Upward Salute

**Starting Sequence**



Tadasana

Forward Bend

Forward Bend (look up)

**SUN SALUTATION**



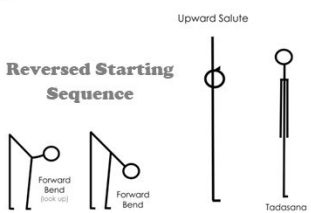
Plank

Upward Facing Dog

Downward Facing Dog

Upward Salute

**Reversed Starting Sequence**



Forward Bend (look up)

Forward Bend

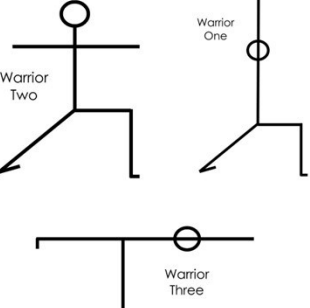
Upward Salute

Tadasana

Warrior Two

Warrior One

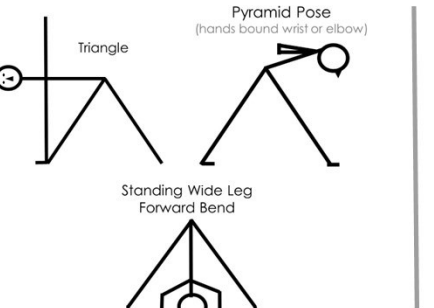
Warrior Three



Triangle

Pyramid Pose (hands bound wrist or elbow)

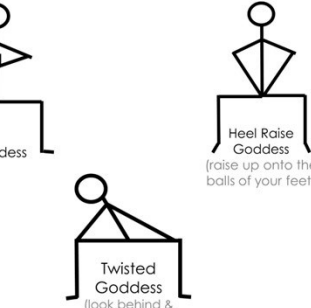
Standing Wide Leg Forward Bend



Goddess

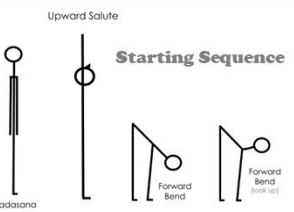
Heel Raise Goddess (raise up onto the balls of your feet)

Twisted Goddess (look behind & push knees open)



Upward Salute

**Starting Sequence**




Tadasana

Forward Bend

Forward Bend (look up)

**SUN SALUTATION**



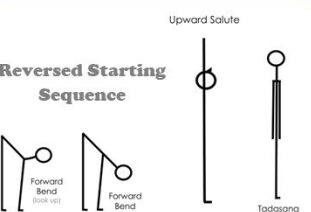
Plank

Upward Facing Dog

Downward Facing Dog

Upward Salute

**Reversed Starting Sequence**



Forward Bend (look up)

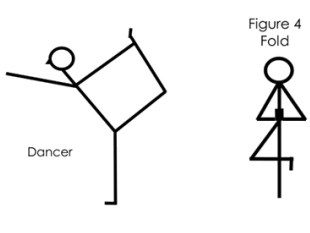
Forward Bend

Upward Salute

Tadasana

Dancer

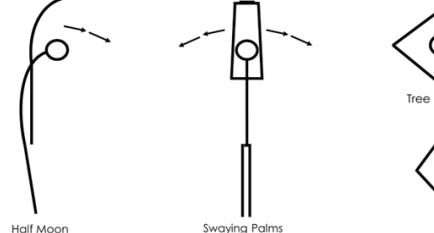
Figure 4 Fold



Half Moon (hip leans outward)

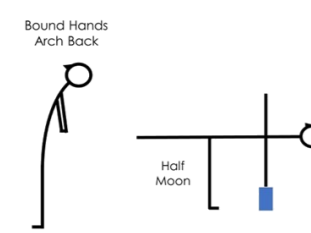
Swaying Palms (Side bend from waist)

Tree



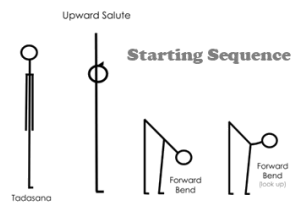
Bound Hands Arch Back

Half Moon



Upward Salute

**Starting Sequence**




Tadasana

Forward Bend

Forward Bend (look up)

**SUN SALUTATION**



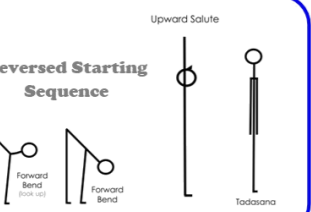
Plank

Upward Facing Dog

Downward Facing Dog

Upward Salute

**Reversed Starting Sequence**



Forward Bend (look up)

Forward Bend

Upward Salute

Tadasana

Entire 6 pose sequence on right then Sun Salutation and repeat on the left!

Low Lunge (Mod: hands on knees)


Lizard Plank

Pigeon

Full Pigeon

Upward Pigeon

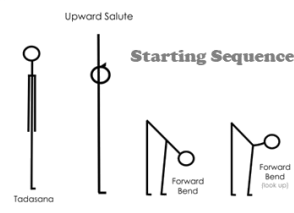
King Pigeon Variation



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Upward Salute

**Starting Sequence**



Tadasana

Forward Bend

Forward Bend (look up)

**SUN SALUTATION**



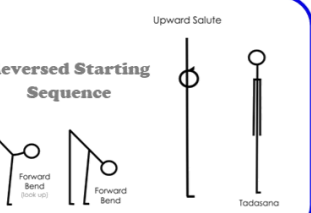
Plank

Upward Facing Dog

Downward Facing Dog

Upward Salute

**Reversed Starting Sequence**



Forward Bend (look up)

Forward Bend

Upward Salute

Tadasana