

Complete this sequence of 4 poses on one side & then the other

Tadasana

Forward Bend (big toe hold)

Forward Bend (Stand on palms)

**Starting Sequence**

Triangle

Reverse Triangle (twist at waist, face behind)

Extended Triangle

Extended Reverse Triangle

Standing Wide Leg Forward Bend

Standing Wide Leg Forward Bend (thumbs on sacrum)

Wide Leg Arch Back

**Reach through /behind**

Standing Wide Leg Forward Bend

Standing Wide Leg Forward Bend (ankle hold)

Standing Wide Leg Forward Bend (arms bound behind)

**Both Sides**

Pyramid Pose (hands bound wrist or elbow)

4 poses on one side & then the other side

Big Toe Hold (leg bent)

Big Toe Hold

Side Big Toe Hold

Leg Raise (unsupported front raise)

Forward Bend (Stand on palms)

Forward Bend (big toe hold)

Tadasana

**Reversed Starting Sequence**

# Ashtanga Standing Sequence I