

Warrior Sequence

1



Utkatasana
Chair Pose

Exhale and sit down into Utkatasana. Hold 3-5 breaths

2



Virabhadrasana I
Warrior I Pose

Step back Right Leg into Warrior 1. Hold 3-5 breaths.

3



Virabhadrasana II
Warrior II Pose

With an exhale open out into Warrior 2. Hold 3-5 breaths

4



High Lunge, Variation

Turn the back toes to face forwards and lift the heel into a high lunge. Hold for 3-5 breaths. Step back to Tadasana & Repeat on the other side stepping back left leg.

5



Tadasana
Mountain Pose

3-5 breath in Tree pose on each side.

6



Vrksasana
Tree Pose
