Warrior Sequence





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



▲ Virabhadrasana I Warrior I Pose

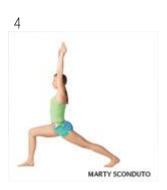
Step back Right Leg into Warrior 1. Hold 3-5 breaths.



3

▲ Virabhadrasana II Warrior II Pose

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



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.





3-5 breath in Tree pose on each side.



