

Yoga for Coping & More

Phase 5. Standing Balances

Start in mountain pose. Reverse and do other side.

A: Tree Pose (vrksasana).

B: Standing Half Lotus (padmasana).

C: Dancer's Pose (natarajasana).

D: Warrior 3 Pose (virabhadrasana 3).

E: Half Moon Pose (ardha chandrasana).

F: Knee or leg straight forward & side
(utthita hasta padangusthasana).

G: Eagle Pose (garudasana).

H: Squat Pose (malasana).

I: Crow's Pose (bakasana).

J: Class requested standing balances.

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