

hanumanasana— continued...



19. Pada Hastasana
w/Wrist Forward Facing



20. Padangusthasana



21. Tadasana-Mountain



22. Utthita Hasta
Padangusthasana-I



23. Utthita Hasta
Padangusthasana-II

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24. Adho Mukha Vrksasana B



25. Adho Mukha Vrksasana

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26. Virasana-Hero
w/Support



27. Tiryak Mukhaikapada
Paschimottasana



28. Krauncasana-Heron



29. Pariva Krauncasana-
Revolved Heron



30. Low Lunge
w/Straight Wrists



31. Hanumanasana-Splits-III



32. Adho Mukha Svanasana-
Down Dog

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33. Virasana-Hero
w/Support



34. Supta Virasana-
Reclined Hero w/Bolster



35. Bhujangasana-
Low Cobra



36. Leg Lifts A



37. Setu Bandha-Bridge