

GROINS & ABDOMINALS

Tadasana

Tadasana with arm work:

- Baddanguliasana**
- Gomukhasana**
- Baddanguliasana**

Utthita Trikonasana

Utthita Parsvakonasana – upper arm extended from the extended heel that's pressing down so the arm pit opens

Ardha Chandrasana

Parighasana in stages - knee bent (right angle), then straight leg with arm extension

Adho Mukha Svanasana

Upavistha Konasana Baddha

Konasana (seated)

Supta Padangusthasana 1 & 2

Supine Ardha Baddha Padma

Urdhva Prasarita Padasana – arms over head for armpit extension

Sirsasana (if possible)

Salamba Sarvangasana with variations whatever possible (i.e, such as Baddha Konasana, Eka Pada, Parsva Ekaipada)

Setu Bandha Sarvangasana

Savasana