

HOME PRACTICE SEQUENCE

Opening the lateral body--the outer sheath

Model: Sally Rogers

Photos: Kathy Prekoski



2 Child's pose with arms angled out to the side. Practice both sides.



3 Thread the Needle on both sides.



1 Child's pose with arms straight out in front.

Adho Mukha Svanasana
Downward Dog



4



8 Savasana
Corpse Pose or final relaxation

5
Urdhva Hastasana
Arms straight overhead



6

Parsvakonasana
Extended Side Angle



7 Vasisthasana variation
Side Plank

