

The Yoga Center of Huntsville

New Beginner Weeks 3&4 Practice Sequence



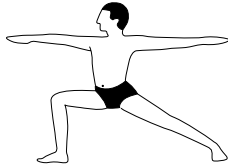
Triangle Pose
Utthita Trikonasana



Extended Side Angle
Pose
Utthita Parsvakonasana



Warrior I
Virabhadrasana I



Warrior II
Virabhadrasana II



Revolved Triangle
Parivrtta Trikonasana



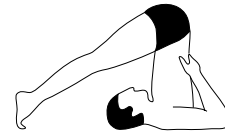
Pyramid Pose
Parsvottanasana



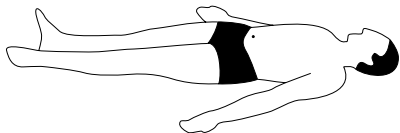
Standing Angle
Prasarita Padottanasana I



Shoulder Stand Salamba
Sarvangasana I



Plow Pose
Halasana



Corpse Pose
Savasana

www.yogacenterofhuntsville.com / 500A East Pratt / 533.7975

PRACTICE IS THE KEY