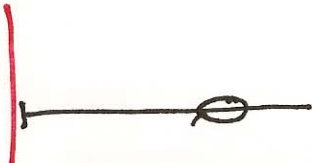
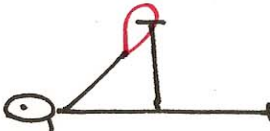

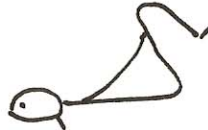







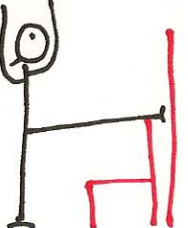
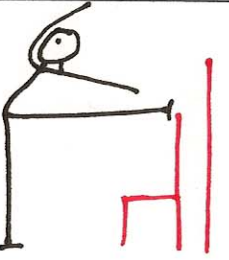
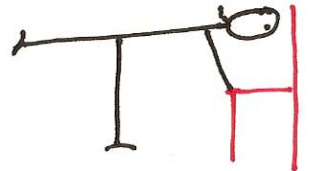




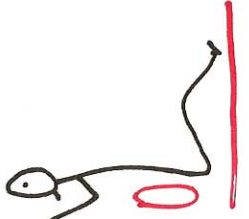



Balance

Find stability in one-leg balance poses through drawing the sit bones together and neutralizing the pelvis.

 <p>Supta Tadasana Ground legs into floor, feet into wall</p>	 <p>Supta Padangusthasana Draw sit bones together to externally rotate leg</p>	 <p>Thread the Needle</p>	 <p>Knee Circles</p>	 <p>Cat/Cow Feel pelvis moving over tops of thighs</p>
 <p>Tadasana Squeeze block</p>	 <p>Uttanasana Squeeze block</p>	 <p>Vrksasana Draw sit bones together</p>	 <p>Uttanasana</p>	 <p>Adho Mukha Svanasana</p>
 <p>Balasana</p>	 <p>Padangusthasana I</p>	 <p>Padangusthasana II</p>	 <p>Virabhadrasana III</p>	 <p>Uttanasana</p>
 <p>Baddha Konasana</p>	 <p>Knee Circles</p>	 <p>Reclining Twist</p>	 <p>Viparita Karani</p>	 <p>Savasana</p>