

# STANDING YOGA FOR STRENGTH & BALANCE

20 MIN

yogakali.com

1 Mountain → 2 Side Bend ● → 3 Cactus Arms → 4 Chair to Forward Bend (x3) → 5 Knee to Chest → 6 Warrior I w/ Cat-Cow

7 Humble Warrior → 8 Pyramid → 9 Standing Splits → 10 Forward Bend → 11 Mountain (SWITCH SIDES 5-10) → 12 Warrior II → 13 Reverse Warrior

14 Extended Side Angle → 15 Goddess → 16 Triangle → 17 Lunge → 18 Forward Bend → 19 Mountain (SWITCH SIDES 12-18)

20 Eagle → 21 Warrior III w/ Eagle Arms → 22 Wide Legged Forward Bend → 23 Side Lunge

24 Lunge → 25 Forward Bend → 26 Mountain (SWITCH SIDES 20-25) → 27 Standing Half Pigeon ●

CLICK HERE for step-by-step instructions

● repeat on the other side

alternate between sides X number of times; move with the breath