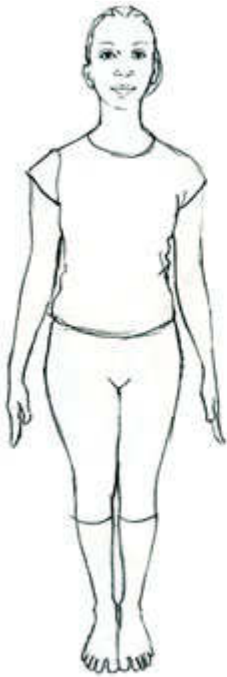


Virabhadrasana I



Begin in *Tadasana*.

Stand upright with your feet, toes, ankles touching. Rotate the inner thighs back. Spread the backs of the thighs and knees from the inner back legs to the outer. Bring the weight back to the heels. Lengthen the soles of the feet from the center of the arch to the toes, and from the center of the arch to the heels.

Lift your chest. Roll your shoulders back and down, and press the tips of your shoulder-blades forward. Stretch your arms down by your sides. Look straight ahead.



Uttitha Hasta Padasana

With an inhalation jump your feet 4 to 4½ feet apart. As you jump, swing your arms out to the sides. Make sure that when you land, your feet point straight forward. Fully stretch your arms and legs and raise your chest. Take a couple of breaths. Roll your shoulders down and press the points of your shoulder blades into your back. Lengthen up through the crown of your head.

Lift the skin of the inner thighs evenly up through the inner groins, and beyond to reach the sternum bone.



Maintaining the alignment of the right heel with the left heel (along the center line of the mat), turn your right foot, shin, knee and thigh 90 degrees to the right. Turn your left foot in and following that action, turn the entire torso to the right. Lift both sides of the waist and side ribs. Align the mid-line of your torso – sternum bone to pubic bone, with the center of your right thigh. Go back to your left foot, and turn it in some more. This will enable you to wrap the left hip further toward the left, squaring the front of your pelvis with the front edge of your mat. Roll your left hip around until the center of the pelvis faces the center of the right thigh.

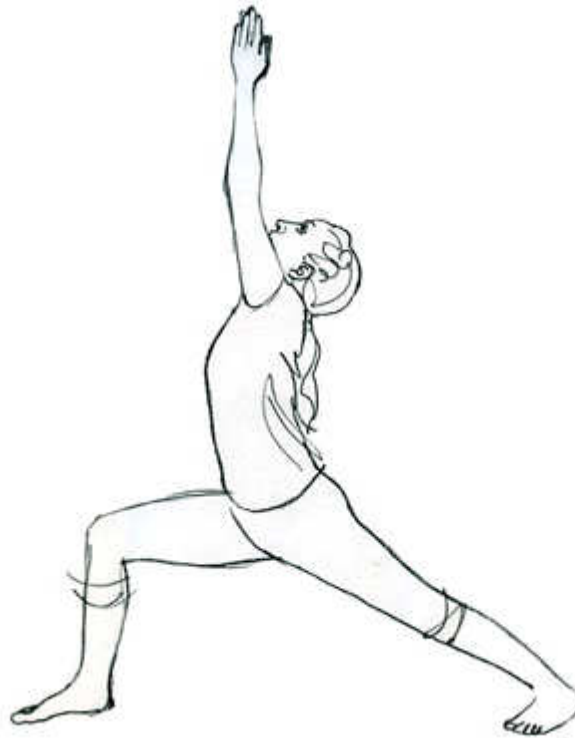


Turn your palms up to face the ceiling. Then raise them perpendicular to the floor (and parallel to each other), and reach actively through the finger-

With your left heel firmly anchored to the floor, exhale and bend your right knee over the right ankle so the shin is perpendicular to the floor.

tips. Firm your shoulder-blades against your back and draw them down toward the back

Maintaining the square of the front leg, extend back through the left outer heel, and rotate your left thigh in. Roll the top of the pubic bone in and up.



Reach strongly through your arms, lifting the ribcage away from the pelvis as you do so. If possible (without bending at the elbows), bring the palms together. Spread the palms against each other and reach a little higher through the fingers.

Keep your head in a neutral position, gazing forward. Then tilt it back and look up at your thumbs.

To come up, inhale, press the back heel firmly into the floor and reach up through the arms, straightening the right knee. Turn the feet forward and release the arms with an exhalation. Take a few breaths, then turn the feet to the left and repeat on the other side.

PRACTICE NOTE: The tailbone tip should face the floor to bring the floating ribs in. If the sacrum is pushed forward, the tailbone is not facing the floor.