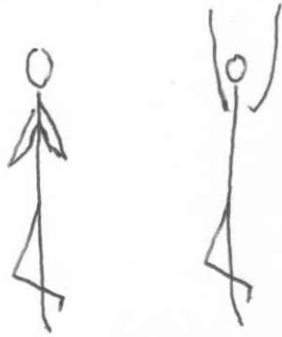


Balance Sequence



Tadasana
(Mountain Pose)



Vrksasana
(Tree Pose)



Knee toward chest

Hasta Padangusthasana
(Hand to big toe)



Knee to side, hips face forward

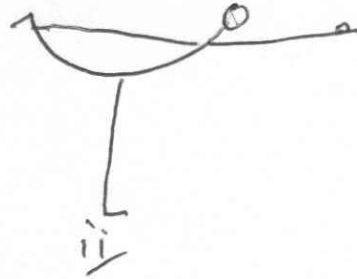
(variation)



Side view



Natarajasana i
(side view)



ii



Tadasana.

Hold 5-10 breaths for each pose. Build up gradually.
Repeat on other side.