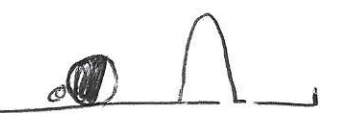


FC23: Day 8 Side Bends: Trikonasana + Triyaka Tadasana

•  breath awareness →  Inh →  Exh
 Inh: arms raise
 Exh: arms lower.
 "mmm" on exhale.

•  lateral stretch (opposite arm/leg).

•  hip circles

•  cat + side bend.

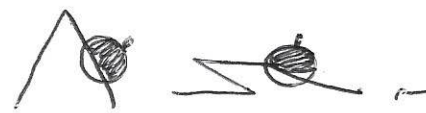
•  Trikaya Tadasana.

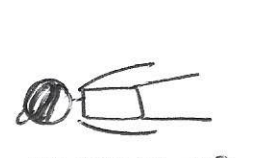
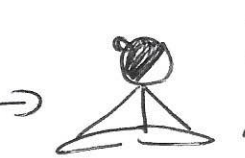
①  Dynamic warrior 1 → ②  Inh →  Exh
 "Aum".....

• Trikonasana:-

①  Inh →  Exh
 Repeat x 4 →  stay in side bend } vinyoga style - arc.

②  options
 - brick
 - chair } Iyengar style
 lengthen both sides.

•  How is the lateral stretch now?
 •  How is the breath now?

•  savasana →  so hum
 or
 'I am sitting' - on inh
 'I am breathing' - on exhale.

Janice @ Radiance Yoga.