**WARRIOR 1:**

PALMS FACE/OVERHEAD

FRONT LEG BENT/BACK LEG STRAIGHT

BACK FOOT EVERTED

SHOULDERS STACKED OVER HIPS

**WARRIOR 2:**

ARMS IN ABDUCTION/PARALLEL TO FLOOR

NECK ROTATED TO SAME SIDE ; GAZE OVER HORIZON

FRONT LEG BENT/BACK LEG STRAIGHT

BACK FOOT EVERTED

SHOULDERS STACKED OVER HIPS

**WARRIOR 3:**

FRONT LEG STRAIGHT

PALMS FACING & PARALLEL TO FLOOR

BACK LEG STRAIGHT IN LIFTED AS HIGH AS POSSIBLE

GOAL: STRAIGHT LINE FROM LIFTED HEEL TO HANDS

**CRESCENT:**

HIGH LUNGE (BACK KNEE OFF FLOOR)

FRONT LEG BENT

PALMS FACE/ARMS OH

BACK FOOT ON BALL/HEEL OFF FLOOR

**DOWNDOG:**

PALMS/FEET ON FLOOR

LEGS/ARMS STRAIGHT AS POSSIBLE

NECK RELAXED

**OAK:**

PALMS OVERHEAD OR IN PRAYER POSITION

TIGHT CORE

ONE LEG FLEXED AT KNEE MAKING CONTACT WITH OPPOSITE LEG AT ANY HEIGHT

NEUTRAL GAZE WITH EYES

**LOCUST:**

PRONE WITH CHEST/HIPS MAKING CONTACT WITH MAT

LEGS FLEXED OFF MAT AS HIGH AS POSSIBLE

ARMS AT SIDE; STRAIGHT OFF FLOOR; NEUTRAL GAZE WITH EYES

**COBRA:**

PRONE POSITION; LEGS REST ON MAT

PALMS FIRMLY ON MAT UNDER SHOULDERS; CHEST LIFTED OFF MAT

ARMS BENT FROM 45 TO 90 DEGREES

**SIDE ANGLE:**

FRONT LEG BENT CLOSE TO 90 DEGREES; BACK LEG STRAIGHT

FRONT ARM REST ON THIGH OR HAND PLACED ON FLOOR INSIDE OR OUTSIDE OF FRONT LEG

BACK ARM FACING CEILING OR AT AN ANGLE; GAZE NEUTRAL

**GODDESS:**

FEET IN SUMO STANCE; LEGS FLEXED AT KNEES AS CLOSE TO 90 DEGREES AS POSSIBLE

CHEST UPRIGHT

ARMS IN ABDUCTION; FLEXED AT ELBOWS AND EXTERNAL ROTATION

NEUTRAL GAZE