

10-minute yoga

Gentle yoga for busy lives



Warrior Sequence: left foot stepping back (track 6)



Rooting the feet



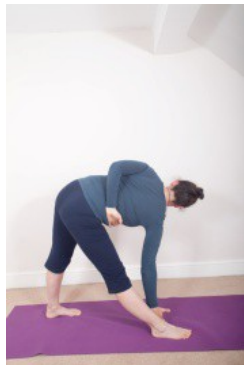
Left leg steps back



Warrior I



Pyramid pose



Left hip points down, shoulder turns up, chest left



Triangle pose



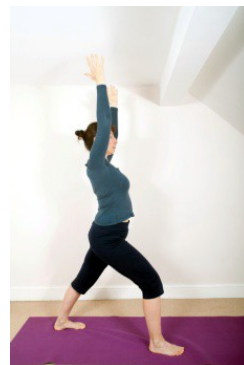
Untwist, and reach forward



Warrior I



Balancing in Warrior III



Warrior I



Step to front

Pictures illustrate key elements of this session. For the full practice, please listen to **10-minute yoga** CD or download.

10-minute yoga

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Warrior Sequence: right foot steps back (track 6 - continued)



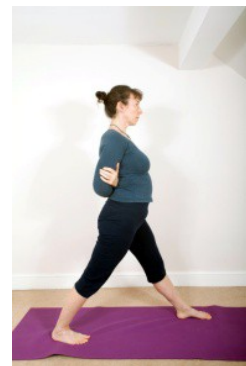
Rooting the feet



Right leg back



Warrior I



Straighten front leg



Pyramid pose



Left hand to left leg; hips point down, chest turns to right



Triangle pose



Warrior I



Step to front

Pictures illustrate key elements of this session. For the full practice, please listen to **10-minute yoga** CD or download.

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