

FitSugar Lower Body Yoga Sequence

Hold each pose for five breaths, working through the sequence on the right side of the body first and then the left.



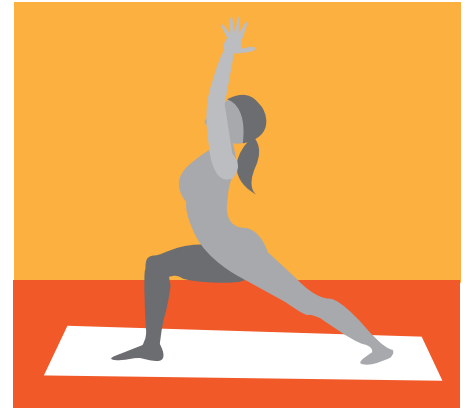
Down Dog

Press your hands and feet into the mat equally and draw your abs in toward your spine. Gaze at your navel.



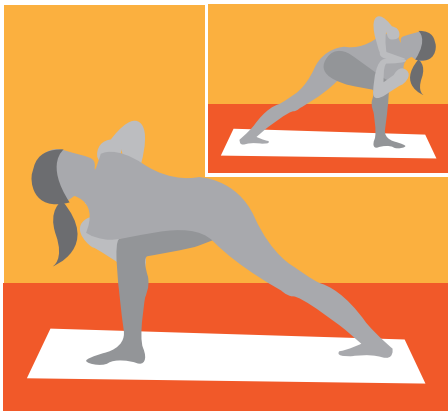
Three-Legged Dog

Lift your right leg up. Keep your shoulders parallel to the floor as you press your left heel down. Keep looking at your navel.



Warrior 1

Step the right foot forward between your hands, so your front thigh is parallel with the floor. Turn your left foot to the right 45°. Straighten both arms overhead. Relax the shoulders and gaze at your palms.



Rotated Side Angle With Prayer Hands

Rotate your torso to the right, crossing your left elbow over your right thigh. Actively lift the chest up and gaze over your right shoulder.



Warrior 2

Lift the torso back up and open your arms out to the side in T-position. Keep the front thigh parallel with the floor, with your right knee over your ankle. Gaze past your right fingers.



Extended Side Angle

Lower your right hand to the floor, on the pinky toe side of your right foot. Extend your left arm straight overhead and gaze toward your left palm.



Crescent Moon

Return to Warrior 2 position and place your left hand on your left leg. Lift your right arm above you and arch back. Gaze toward your right hand.



Open Triangle

Now lift the torso back up so the spine is perpendicular to the floor. Then straighten your right leg and place your right hand on the floor in front of your lower right leg. Straighten your left arm up, gazing at your left palm.



Half Moon

Lift the torso slightly and reach your right palm out 12 inches past your right foot and six inches to the right, so it's underneath your right shoulder. Lift your left leg and arm into the air. Gaze at your left palm.



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