

Dancing Warrior Sequence



Adho Mukha Svanasana
Downdog



Tail of the Dog



Warrior Set up



Virabhadrasana I
Warrior I



Virabhadrasana II
Warrior II



Parsva Virabhadrasana
Backwards Warrior



Utthita Parsvakonasana
Extended Right Angle B



Virabhadrasana II
Warrior II



Adho Mukha Svanasana
Downdog