

Your Yoga

LEVEL 2

THE SECOND 20 POSES

HANDS & FEET

- Bird Dog
- Puppy

BODY

- Constructive Rest
- Reclining Pigeon
- Butterfly
- Wide-Legged Seated Forward Fold
- Deer
- Prone
- Sphinx
- Half Bow

SN5 BREATH

Soft, nasal, calming breath. 5 seconds in, 5 out.

TWO FEET TOGETHER

- Side Stretch
- Cactus - *Cactus Flow*
- Chair

TWO FEET APART

- Low Lunge (4)
- Triangle (2)
- Reverse Triangle
- Wide-Legged Forward Fold
- Pyramid - *Pyramid Flow*

ONE FOOT

- Standing Knee Lift (2)
 - Warrior III Intro (2)
- Pendulum Flow*

NOTES

- Level 2 introduces the “1 Foot” category. Try these poses with a handrail for extra stability.
- (2) means there are two levels for the pose. Establish confidence at each level before moving to the next.

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Disclaimer: Please consult your healthcare professional with questions or concerns before starting any new exercise. There is the possibility of physical injury when doing these poses. The poses may not be suitable for all people. The Perspective Project LLC d/b/a Beat Up the Sun shall not be held liable for any injury sustained doing the poses set forth herein.