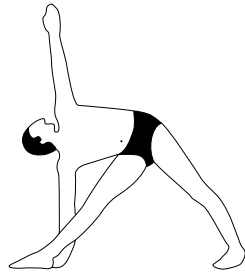


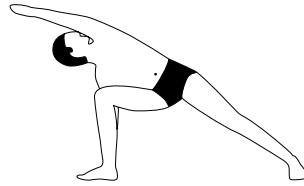
**FORTY MINUTE PRACTICE FOCUSED ON SEATED POSES, KAREN ALLGIRE, CIYT**



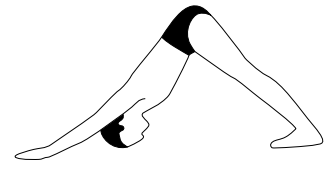
**Tadasana**  
Mountain Pose



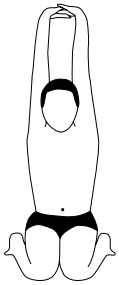
**Utthita Trikonasana**  
Extended Triangle Pose



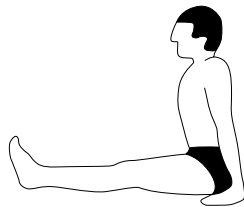
**Utthita Parsvakonasana**  
Extended Side Angle Pose



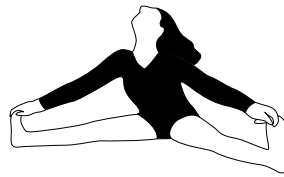
**Adho Mukha Svanasana**  
Downward Facing Dog Pose



**Virasana**  
Hero Pose  
*Place a block or folded blanket under the buttocks*



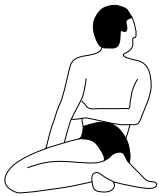
**Dandasana**  
Staff Pose  
*Sit on one or more blankets*



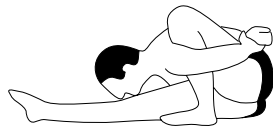
**Upavistha Konasana**  
Seated Angle Pose  
*Sit on one or more blankets; sit up straight with hands near hips*



**Baddha Konasana**  
Bound Angle Pose  
*Sit on one or more blankets*



**Bharadvajasana**  
Sage Twist  
*Support one buttock*



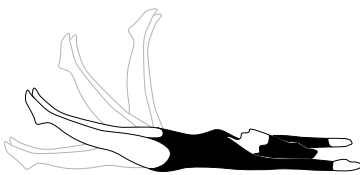
**Marichyasana I**  
Sage Twist I  
*Twist only, sitting upright*



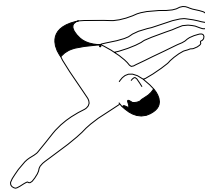
**Triang Mukhaikapada Paschimottanasana**  
Three Limbs Face and One Leg Intense Stretch  
*Support one buttock*



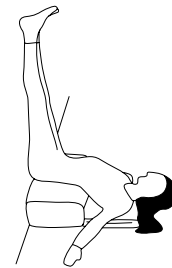
**Paschimottanasana**  
Intense Extension of the Back Body Pose  
*Sit on one or more blankets*



**Urdhva Prasarita Padasana**  
Upward Extended Legs Pose  
*Practice one leg at a time*



**Jathara Parivartanasana**  
Abdomen Turning Pose  
*With bent knees*



**Viparita Karani**  
Reversed Practice