

Weeks 15 & 16: Winter Sports Yoga Flow



Chair (*Utkatasana*)

Let's ski down the snow slopes!



Low Lunge (*Anjaneyasana*)

Pretend you are pushing the curling stone toward the target as you move into the low lunge.



Dancer's Pose (*Natarajasana*)

Let's ice skate on the frozen pond. Try and hold your balance on one leg as you skate.



Staff Pose (*Dandasana*)

Can you feel the snow hitting your face as you sled down the hill?

Cultural Révérence

If you remember the movements from our cultural révérence, practice them here to end today's yoga flow.

"We wish for: peace, love, and respect for everyone."