

Weeks 23 & 24: Shapes Yoga Flow



Tabletop (*Bharmanasana*)

Come into a tabletop position to make your body into a rectangle.



Downward Dog (*Adho mukha svanasana*)

Let's lift our hip high into the air for downward-facing dog making a triangle shape.



Upward Salute/Forward Fold (*Urdhva hastasana/Uttanasana*)

Float your arms into a circle above your head, then fold your body forward as you open your arms and make an upside-down circle.

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."