

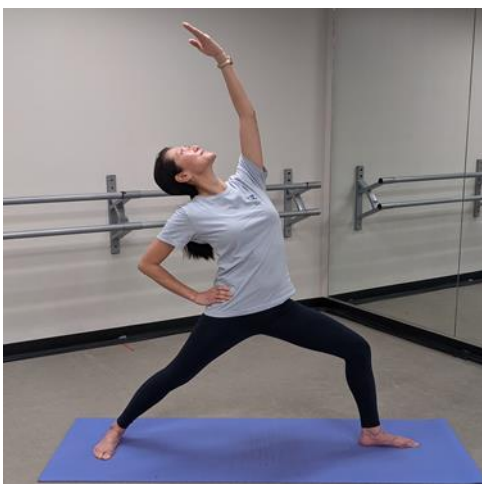
Weeks 31 & 32: Warrior Flow Yoga



Warrior II (*Virabhadrasana II*)

Look out over your fingertips.

Feel how strong your legs are!



Reverse Warrior Pose (*Viparita Virabhadrasana*)

Reverse your warrior by tilting your upper body back, looking up at your top hand.



Extended Side Angle Pose (*Utthita Parsvakonasana*)

Make a straight line with your top arm and your back leg, looking up at your top hand.

Repeat the poses on your other side!

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."