

Balance Teacher Training
YTT - 2022
Balance Series

BALANCE SERIES

| SANSKRIT | ASANA |
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| VRIKSHASANA | Tree Pose |
| UTTHITA HASTA PADANGUSTHASANA | Standing Foot to Big Toe Pose (modification: Hand to Knee) |
| PADANGUSTHASANA | Extended Hand to Big Toe Pose (modification: Hand to Knee With Open Hip) |
| NATARANJASANA | Dancer |
| VIRABHADRASANA III | Warrior III |
| VRIKSHASANA | Tree Pose |