

Balance Teacher Training
YTT - 2022
Warrior Series

WARRIOR SERIES

SANSKRIT	ASANA
ADHO MUKHA SVANASAN	Down Dog
VIRABHADRASANA I (ashta chandrasana)	Warrior I (high lunge)
VIRABHADRASANA II	Warrior II
VIPARITA VIRABHADRASANA	Reverse Warrior
UTTHITA PARSVAKONASANA	Extended Side Angle
VIPARITA TRIKONASANA	Reverse Triangle
TRIKONASANA	Triangle
PARIVITTA TRIKONASANA	Revolved Triangle