

# Muladhara chakra



Easy



Root Lock



Child



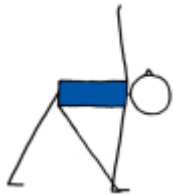
Down Dog



Half Splits



Warrior II



Triangle



Down Dog



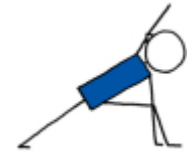
Repeat On Other Side



Squat (leg extended)



Warrior II



Extended Side Angle  
**thighbones back,  
sitbones forward**



Squat



Low Lunge (knee on  
floor)



Bridge



Easy  
**LAM**



Savasana