

Mid Wales Yoga Handout

Yoga Classes • 01982 552515 • First class is free • www.georgewatts.org
Yoga classes on Mondays 7PM @ Powys Dance Centre, LLandrindod Wells
Yoga classes on Thursdays 7PM @ LLanfrynach Village Hall, Nr Brecon

Triangle/Warrior II Sequence

This sequence flows through four poses:

Mountain, Triangle, Warrior II and **standing Yoga Mudra**

Try the sequence two ways.

First, move from one position to the next on the beat of the breath as indicated below.

Second, move through it again, but this time hold each of the four main postures for several breaths. Notice how each version affects you differently.



Begin in Tadasana, the **Mountain pose**...



Exhale, step your feet apart and lift your arms up. Left toes turn 90 degrees to the left, right foot about 45 degrees inward. Make sure your left knee is aligned with your ankle, but don't lock the knee...



Inhale, lower the left hip, raise the right and stretch forward...



Exhale, pivot the arms, moving into **Triangle**. Look up at your upstretched hand



Inhale and come back...



... up to standing,

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Exhale, bend the forward
knee and move into **Warrior**
II...



Inhale and come back to
standing...



Exhale, clasp your hands
behind your back. Inhale
and...



Exhale, bend at the hips,
bringing head to knee for
standing **Yoga Mudra**...



Inhale, keeping the hands
clasped, come back up...



Exhale, step the feet
together, let the arms come
to the sides and return to
Tadasana, the **Mountain
pose**. Hold for several
breaths, then repeat on the
other side.