

## 30-Minute Forearm Balance Sequence



1 RECLINED HAND-TO-BIG-TOE A



2 RECLINED HAND-TO-BIG-TOE B



3 DOWNWARD-FACING DOG



4 THREE-LEGGED DOWN DOG



5 REVERSE WARRIOR



6 TRIANGLE POSE



7 SIDE ANGLE POSE



8 STANDING WIDE ANGLE FORWARD BEND



9 TWISTY PRASARITA



10 SEATED WIDE ANGLE FORWARD BEND



11 REVOLVED WIDE ANGLE FORWARD BEND



12 GATE POSE



13 PARIVRITTA JANU SIRSASANA