

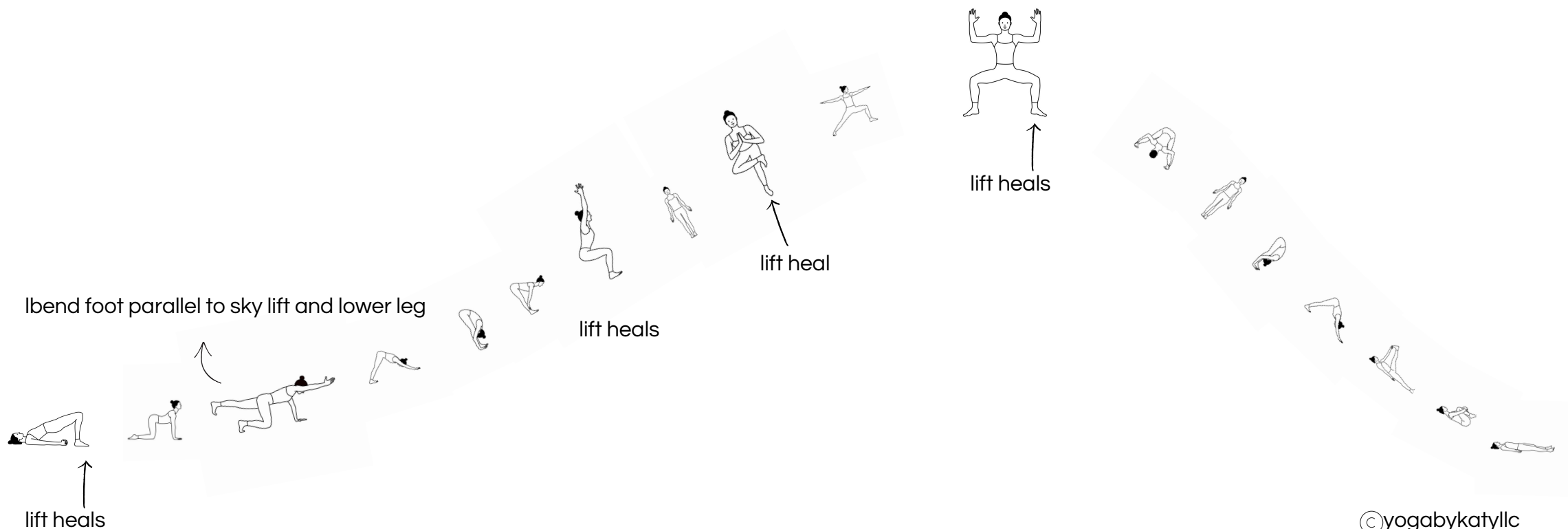


# Theme: Tapas

3rd Niyama

Number 2 of 8 Limbs of Yoga

Self discipline.  
Showing up and doing the work.  
Duty directed towards ourselves to cultivate happiness and self confidence.  
Asanas-Tapas for the body.  
Meditation-Tapas for the mind.



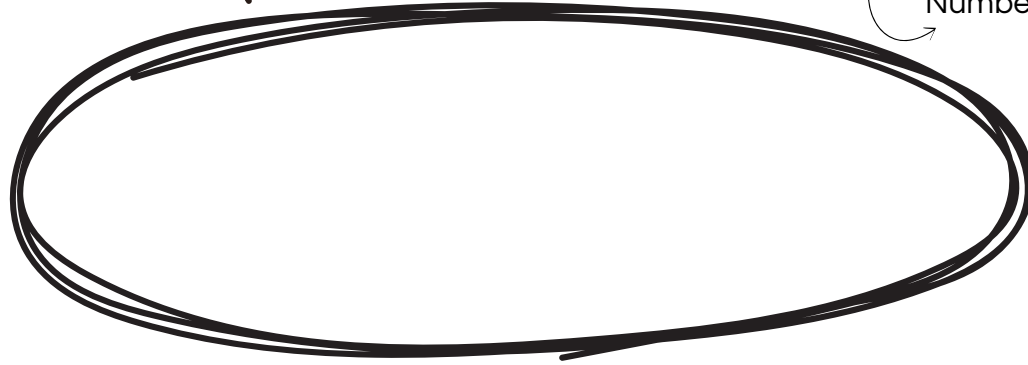
yoga for glutes



Theme: Tapas

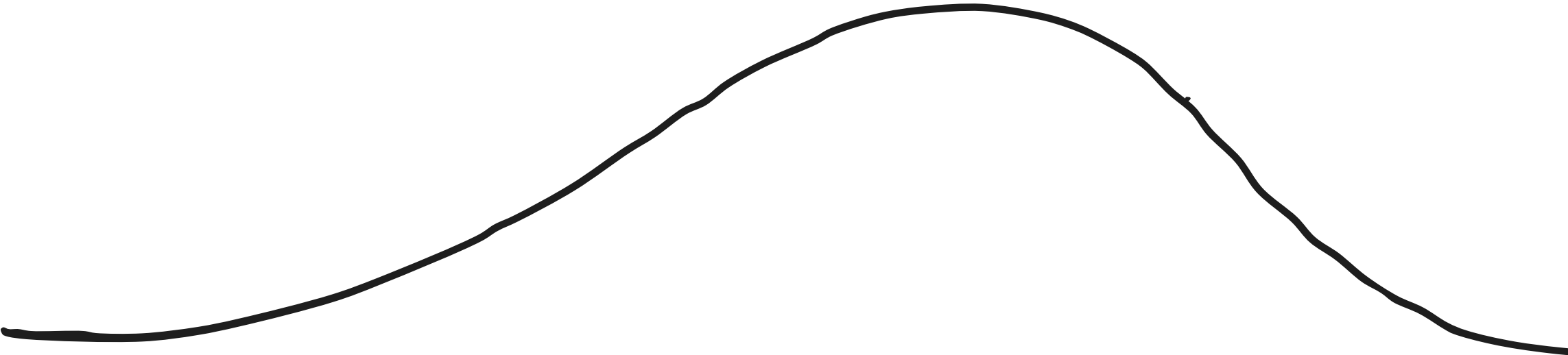
3rd Niyama

Number 2 of 8 Limbs of Yoga



yoga for \_\_\_\_\_

Theme:



- bridge-lift heels
- tabletop-lift heels
- spinal balance
- spinal balance + bend foot to parallel to ceiling and bend knee and lift knee up
- downward facing dog
- forward fold
- flat back
- chair-come up on tippy toes in chair pose
- tadasana (mountain)
- standing pigeon come up on tippy toes-do each side
- warrior 2 each side
- goddess-lift and lower heels
- wide legged forward fold
- forward fold
- downward facing dog
- big toe stretch option to V legs
- knees to chest
- savasana

bridge-lift heels

tabletop-lift heels

spinal balance

spinal balance + leg pumps

downward facing dog

forward fold



Repeat flow or hold poses longer to increase time

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flat back

chair-come up on tippy toes in chair pose

tadasana (mountain)

standing pigeon come up on tippy toes-do each side

warrior 2 each side

goddess-lift and lower heels

wide legged forward fold

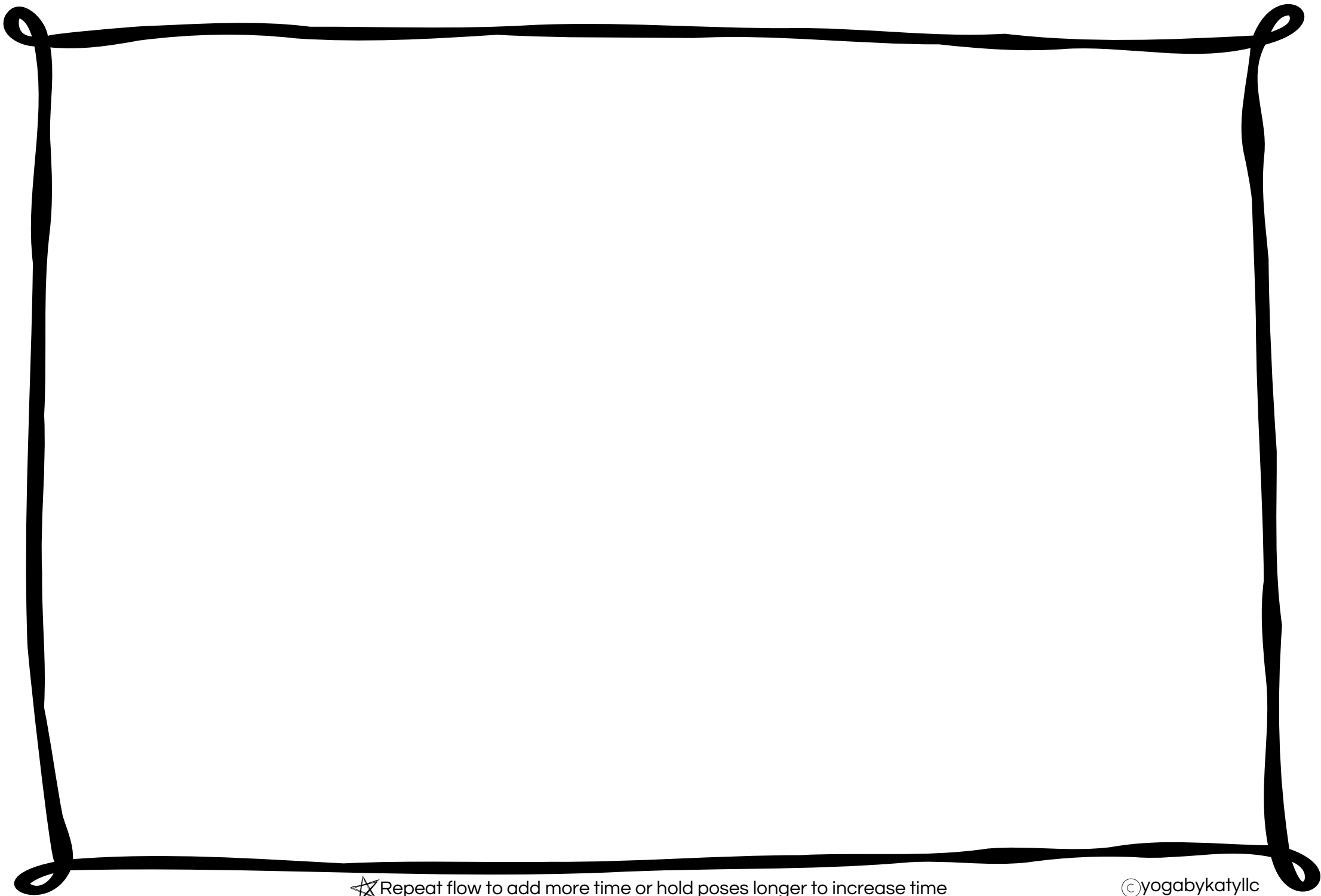
forward fold

downward facing dog

big toe stretch option to V legs

knees to chest

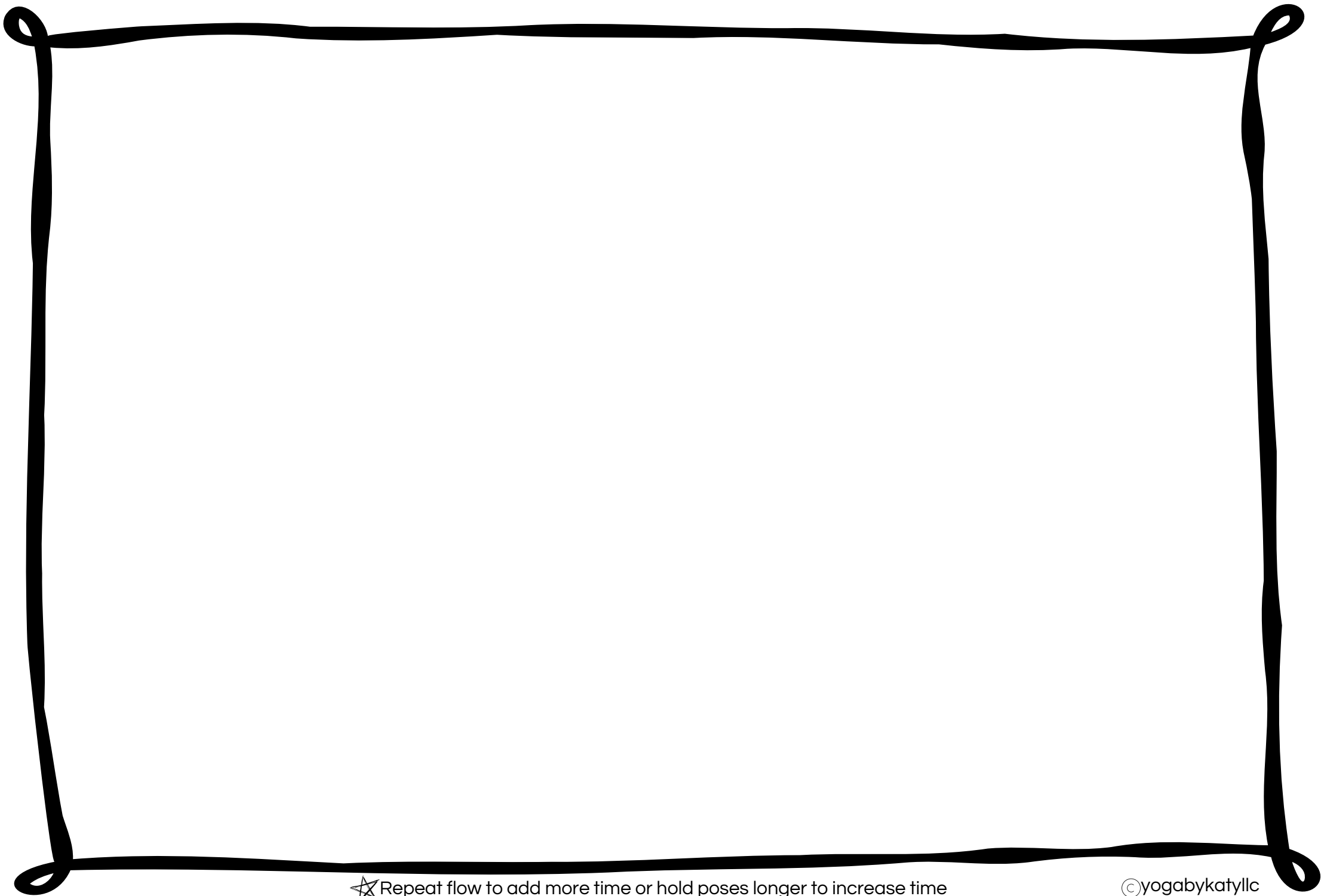
savasana



★ Repeat flow to add more time or hold poses longer to increase time

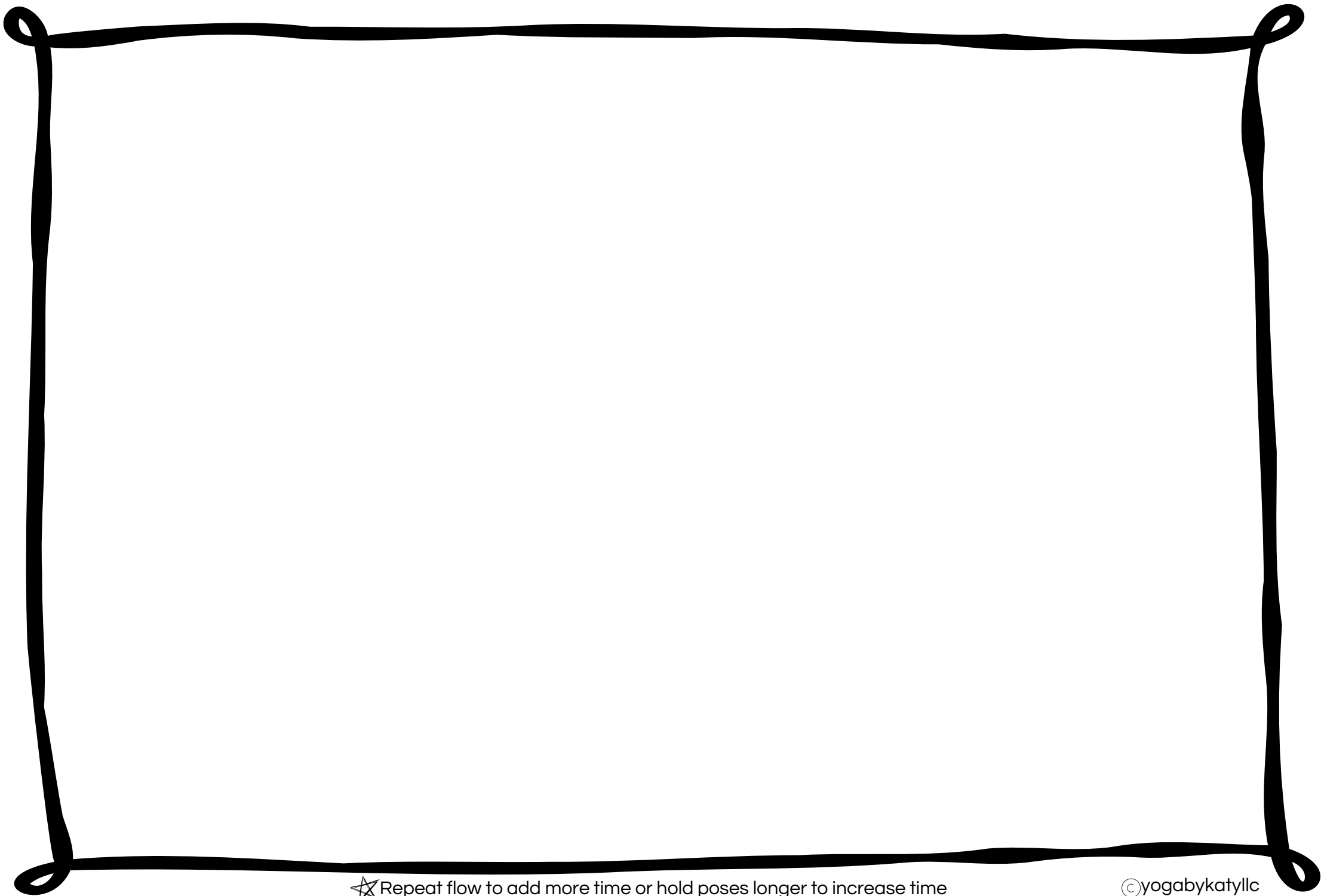
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