Wednesday Workout—Hanuman-Style

Warm Up

- Supta Baddha Konasana
- Ananda Balasana
- Supta Padangusthasana A, B, C
- Janu Sirsasana
- Upavistha Konasana
- Virasana
- Supta Virasana
- Paschimottanasana
- A, B, C
- Supta Virasana

Warm up - Sun Salutation (surya namaskara A) 3x

Flow 1

- Trikonasana
- Reverse Trikonasana
- Parivrtta Trikonasana
- Prasarita Parsvakonasana
- Prasarita Padottanasana A
- Parsvottanasana
- Ardha Chandrasana

Flow 2

- Three-leg dog
- Anjaneyasana (low to High)

Ann Seibert is a rock climbing yogi, teaching yoga to fellow athletes. Her goal is to help them avoid injury caused by strong tight muscles. For more sequence ideas, visit: [www.rockclimbingyogi.com/blog](http://www.rockclimbingyogi.com/blog)

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