

## GROINS & ABDOMINALS

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### Tadasana

#### Tadasana with arm work:

- Baddanguliasana
- Gomukhasana
- Baddanguliasana

### Utthita Trikonasana

**Utthita Parsvakonasana** – upper arm extended from the extended heel that's pressing down so the arm pit opens

### Ardha Chandrasana

**Parighasana** in stages - knee bent (right angle), then straight leg with arm extension

### Adho Mukha Svanasana

### Upavistha Konasana

### Baddha Konasana (seated)

### Supta Padangusthasana 1 & 2

### Supine Ardha Baddha Padma

**Urdhva Prasarita Padasana** – arms over head for armpit extension

### Sirsasana (if possible)

**Salamba Sarvangasana** with variations whatever possible (i.e, such as Baddha Konasana, Eka Pada, Parsva Ekaipada)

### Setu Bandha Sarvangasana

### Savasana