

SOLARICE PRACTICE #3

A

Change Arms

Left Knee - Middle Back
Right Foot Forward
Right Hand Rests Et Sitting Bone Back

Sit on Left knee

Relax Brearms on Floor

Right Hand stretched out to Rt
Left arm Over Head

Repeat Left knee forward

B

Rt knee forward

Rt Hand on Sacrum

Rt Hand up

Twist to left

Rt Hand to Rt Knee

Rt Leg Front fold over

Jump to Downward Dog

Repeat Left Foot Forward

C

Bend forward
Wrap Arms around Legs.

Bend knees & Stretch Legs
while in this position

Downward Dog

Walk Feet to Hands

Stretch

Right side

Front

Left Side

Sit in straddle

Lean Back

while sitting
Wrap arms around
Legs
Ft. Point Forward.
Round Forward

Turtle
Stretch Legs Out
Arms are underneath.