



**STEP 1:** Stand on your **yoga mats** and start with the Yoga Mountain Pose. Bring your palms together in prayer position. Exhale.



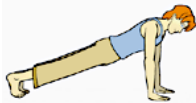
**STEP 2:** As you inhale, raise your arms overhead, keeping your palms together.



**STEP 3:** Exhale and then bend forward until your hands touch your feet.



**STEP 4:** As you inhale, step the right leg back, arch back and lift your chin.



**STEP 5:** Exhaling, step the left leg back into plank position. Keep your spine and legs in a straight line and support your weight on hands and feet.



**STEP 6:** Retaining the breath, lower your knees, your chest and then your forehead, keeping your hips up and toes curled under.



**STEP 7:** Inhaling, stretch forward and bend back. Keep your arms straight.



**STEP 8:** Exhaling, curl your toes under, press down into your heels, and lift your hips.



**STEP 9:** As you inhale, move your left leg back, with the top of the foot stretched out flat on the floor, and lift your chin.



**STEP 10:** Exhale and then bend forward until your hands touch your feet.



**STEP 11:** Inhaling, stretch your arms forward and over your head. Slowly bend backward from the waist.



**STEP 12:** Exhaling, gently come back to Tadasana.