

# The Libra Sequence



**Mountain Pose**  
*Tadasana*



**Big Toe Pose**  
*Padangusthasana*



**Mountain Pose With Lifted Knee**  
*Tadasana With Lifted Knee*



**Tree Pose**  
*Vrksasana*



**Attitude**  
*Attitude*



**Extended Hand-to-Big-Toe**  
*Utthita Hasta Padangusthasana*



**Dancer Pose**  
*Natarajasana Variation*



**Extended Hand-to-Big-Toe**  
*Utthita Hasta Padangusthasana*



**Flying Warrior**  
*Flying Warrior*



**Half Moon Pose**  
*Ardha Chandrasana*



**Mountain Pose Namaste**  
*Tadasana Namaskarasana*



**Forward Fold With Interlocked Hands**  
*Uttanasana With Interlocked Hands*