








Sitting Postures

We start any sitting posture by first finding our seat. Locating the sit bones and feeling the connection between our bodies and the floor. Feeling strong in the base of the posture in order to feel light and free in our upper bodies.

	Sukhasana Easy sitting
	Dandasana Staff
	Janu sirsana Head to knee
	Baddha konasana Cobbler pose
	Virasana Hero pose

	<p>Paschimottasana Seated forward bend</p>
	<p>Upavistha Konasana Wide-Angle Seated Forward Bend</p>
	<p>Parivrtta Janu Sirsasana Revolved head-to-knee pose</p>
	<p>Gomukhasana Cow face pose</p>
	<p>Navasana Boat pose</p>