



Chair Adho Mukha Svanasana
(Downward Facing Dog)



Chair Parsvottanasana *(Intense Side Stretch)*



Chair Virabhadrasana III *(Warrior III)*



Chair Parivrtta Trikonasana *(Revolved Triangle)*



Chair Gaurdasana *(Eagle)*



Extra Credit – Chair Astavakrasana
(Crooked in 8 Places)