



## Sequence steps

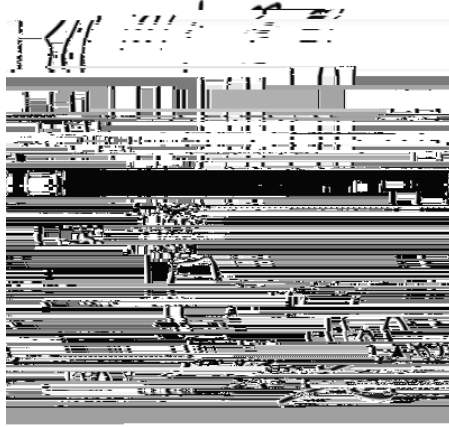




**Virasana Forward**

**Downward-Facing Hero Pose**

Join your feet together under your buttocks and keep your knees far enough apart for your ribs to fit between your legs as you fold forward. You can rest your head on the floor or on a block.



**Salamba Sirsasana I**

**Headstand 1**

Activate your shoulders and upper back muscles as you lift your body up into inverted balance.

