

	Vasisthasana
Theme:	Grounding; Root to Rise
Heart Qualities:	Solid and Expansive
Personal:	Think of a time when you were challenged in life and you drew into your inner strength and overcame, expanding your knowledge and skills
UPA(s) focus:	Muscle Energy & Organic Expansion
Action:	Draw in from the arch of your feet and use of the Shin Loop to deepen your foundational base and ability to expand
Peak Pose:	Plank Pose (<i>Vasisthasana</i>)
Sequence:	Standing Salute to the Sky (<i>Urdhva Hastasana</i>) Sun Salutations Chair Pose (<i>Utkatasana</i>) Eagle Pose (<i>Garudasana</i>) Gate Pose (<i>Parighasana</i>)
Demo:	Shin Loop and <i>Vasisthasana</i> Down Dog Up Dog Seated Wide-Angle Pose (<i>Upavistha Konasana</i>) Happy Baby Seated Twists
Closure:	As we draw in from the foundation to our core we can expand into our creative expression from our unique place of authenticity.