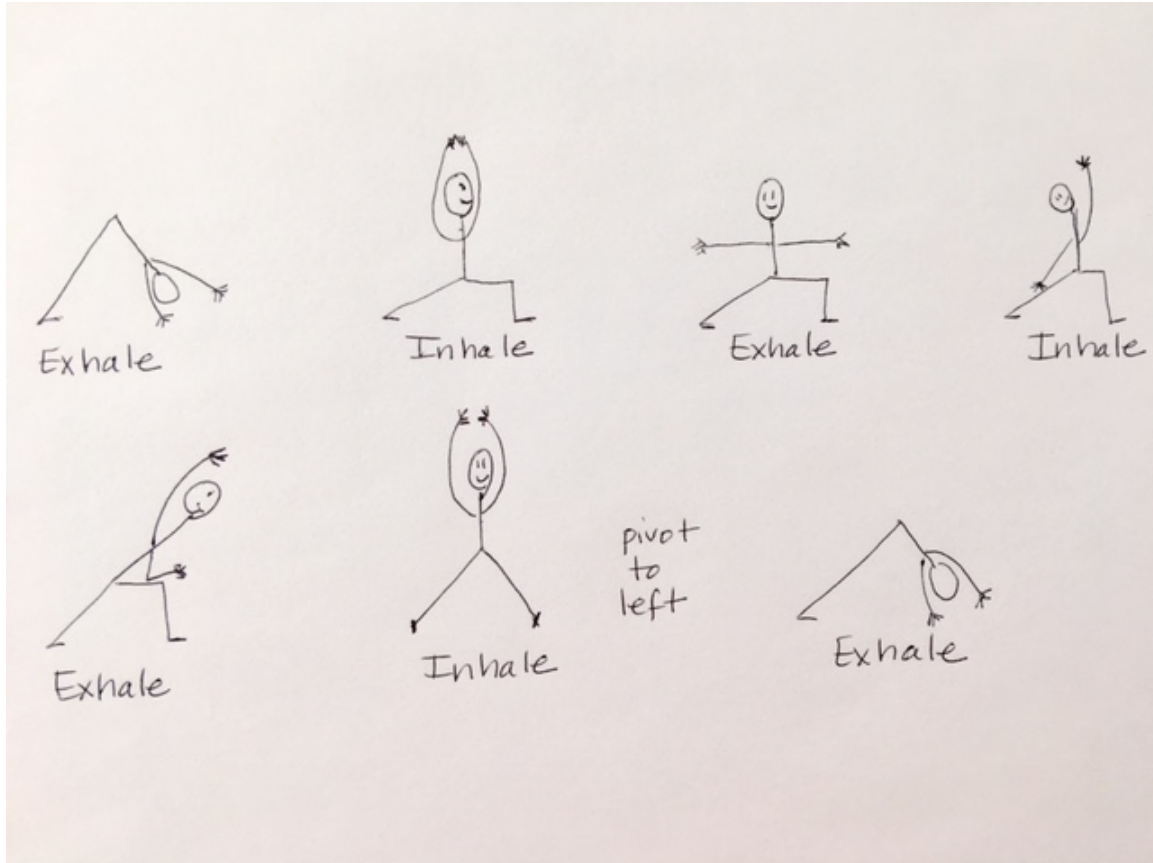


Detoxifying Vinyasa:

Downward Dog to Vira I to Vira II to Reverse Vira II to
Parsvakonasana to Wide Angle



Pivot to the left side, take downward dog and repeat.

Tip: If you are having trouble transitioning, skip the Downward Dog and go straight into Virabhadrasana I.