



1. Child Pose
Balasana




2. Cat Cow Pose
Bitilasana Marjaryasana




3. Sun Salutation
Surya Namaskar




4. Mountain Pose
Tadasana




5. Chair Pose
Utkatasana




6. Warrior Pose I
Virabhadrasana I




7. Pyramid Pose Variation 1
Parsvottasana Variation 1




8. Warrior Pose II
Virabhadrasana II




9. Extended Triangle Pose
Uttitha Trikonasana




10. Dangling Pose
Uttanasana Variation Hands to Elbows




11. Intense Leg Stretch Pose
Prasarita Padottanasana




12. Standing Wind Release Pose
Tadasana Pawanuktasana




13. Standing Hand To Knee Pose
Tadasana Janu Hastasana




14. Staff Pose
Dandasana




15. Bound Angle Pose
Baddha Konasana




16. Butterfly Pose Variation
Forward Bend
Tarasana




17. Happy Baby Pose
Ananda Balasana




18. Reverse Pigeon Pose
Sucirandhrasana




19. Reclined Big Toe Pose A
Supta Padangusthasana A




20. Boat Pose Variation 1
Navasana Variation 1




21. Supine Spinal Twist Pose II
Supta Matsyendrasana II



22. Sphinx Pose
Salamba Bhujangasana



23. Locust Pose
Salabhasana



24. Corpse Pose
Savasana