













 <p>1. Sun Salutation Surya Namaskar</p>	 <p>2. Hand to Big Toe Pose Padangusthasana</p>	 <p>3. Tree Pose Vrksasana</p>	 <p>4. Chair Pose Utkatasana</p>	 <p>5. Revolved Chair Pose Parivrtta Utkatasana</p>	 <p>6. Extended Triangle Pose Utthita Trikonasana</p>
 <p>7. Warrior Pose II Virabhadrasana II</p>	 <p>8. Intense Leg Stretch Pose Prasarita Padottanasana</p>	 <p>9. Warrior Pose I Virabhadrasana I</p>	 <p>10. Downward Facing Dog Pose Adho Mukha Svanasana</p>	 <p>11. Downward Facing Hero Pose Adho Mukha Virasana</p>	 <p>12. Staff Pose Dandasana</p>
 <p>13. Seated Forward Bend Pose Paschimottasana</p>	 <p>14. Butterfly Pose Variation Forward Bend Tarasana</p>	 <p>15. Pigeon Pose Kapotasana</p>	 <p>16. Easy Boat Pose Sahaja Navasana</p>	 <p>17. Scale Pose Tolasana</p>	 <p>18. Plank Pose Phalakasana</p>
 <p>19. Half Lord of The Fishes Pose Variation Hand Up Ardha Matsyendrasana Variation Hand Up</p>	 <p>20. Standing Forward Fold Pose Uttanasana</p>	 <p>21. Cobra Pose Bhujangasana</p>	 <p>22. Locust Pose Variation Salabhasana Variation</p>	 <p>23. Bow Pose Dhanurasana</p>	 <p>24. Bridge Pose Setubandhasana</p>
 <p>25. Shoulderstand Pose Sarvangasana</p>	 <p>26. Plough Pose Halasana</p>	 <p>27. Fish Pose Matsyasana</p>	 <p>28. Headstand Pose Salamba Sirsasana</p>	 <p>29. Corpse Pose Savasana</p>	