



1. Cat Cow Pose



2. Sun Salutation



3. Hand to Big Toe Pose



4. Tree Pose



5. Chair Pose



6. Revolved Chair Pose



7. Warrior Pose II



8. Extended Triangle Pose Block



9. Intense Leg Stretch Pose



10. Intense Leg Stretch Pose
Variation



11. Warrior Pose I



12. Warrior Pose III



13. Downward Facing Dog Pose



14. Downward Facing Hero Pose



15. Staff Pose



16. Seated Forward Bend Pose



17. Revolved Head-to-knee Pose



18. Butterfly Pose Variation Forward
Bend



19. Sleeping Swan Pose



20. Easy Boat Pose



21. Half Lord of the Fishes Pose
Variation Hand Up



22. Cobra Pose



23. Bow Pose



24. Bridge Pose



25. Wind Release Pose



26. Corpse Pose