



1. Child Pose



2. Seated Forward Bend Pose



3. Butterfly Pose Variation Forward Bend



4. Reclined Butterfly Pose Hands To Elbows



5. Supine Spinal Twist Yoga Pose I



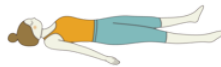
6. Legs up the Wall Pose



7. Wind Release Pose



8. Happy Baby Pose



9. Corpse Pose

Practice only when in good health and under guidance. For this sequence are some important contraindications such as back- or neck problems, menstruation and pregnancy. Read the disclaimer at www.yep-yoga.com/legal