




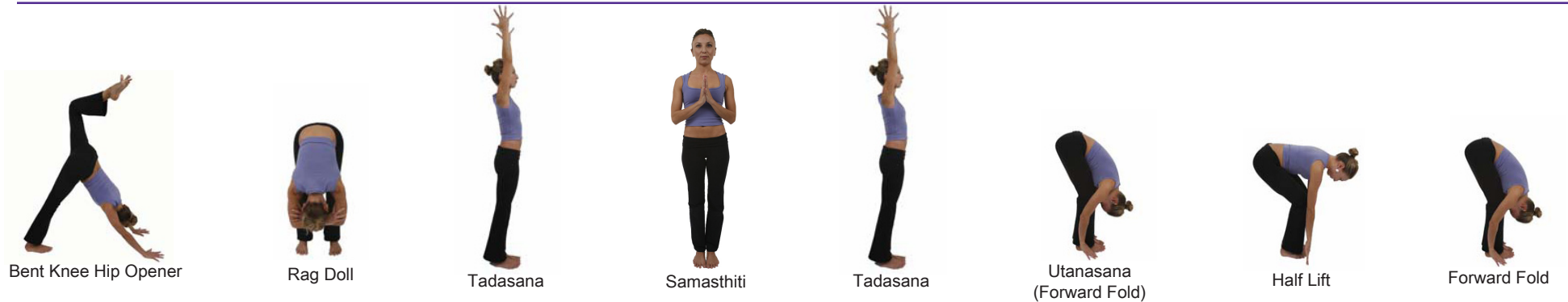
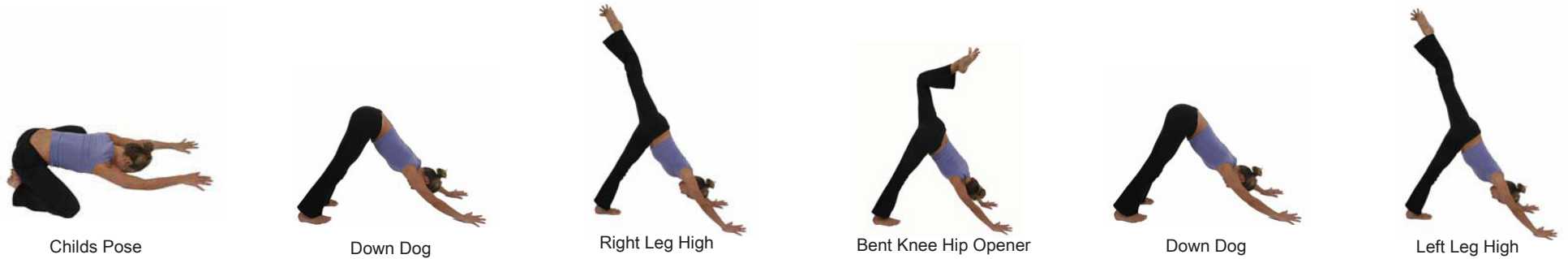
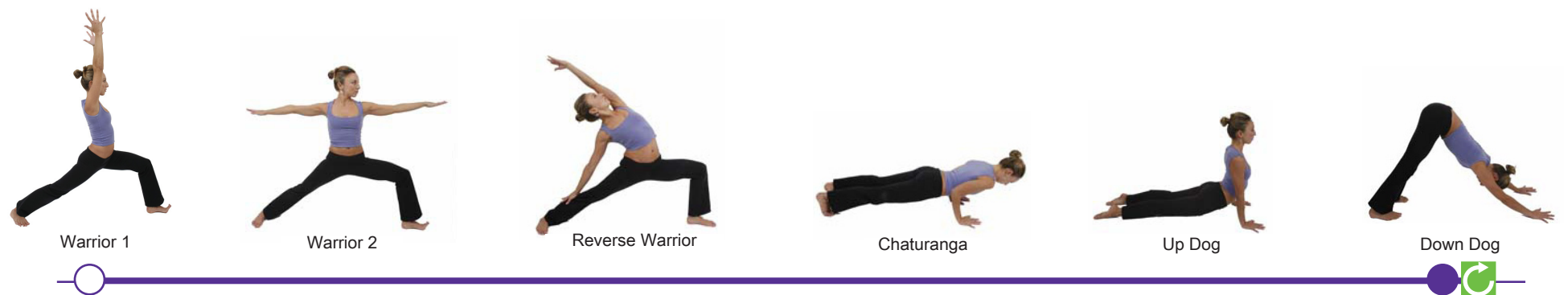
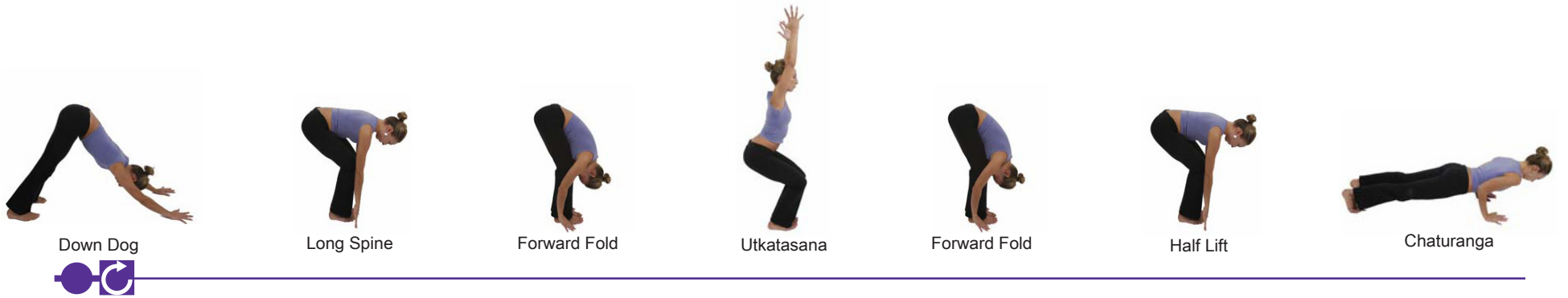
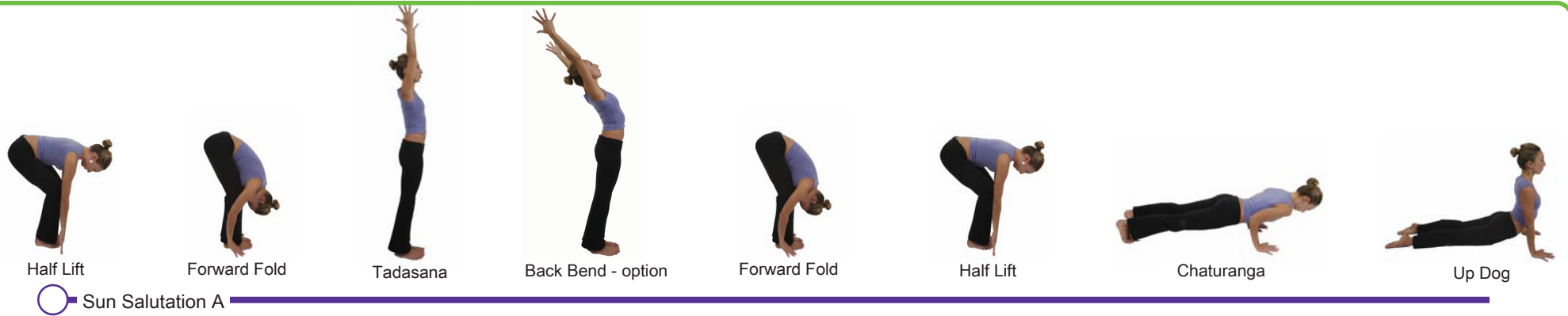


-  Begin series
-  End series
-  Repeat series
-  Repeat Series on other leg/side
-  Repeat pose on opposite leg/side







Leg High



Knee to Nose



Low Lunge



Crescent Lunge



Twisting Crescent Lunge



open arms - option



Warrior 2



Extended Side Angle



Reverse Warrior



Extended Side Angle



hand to the ground - option



Chaturanga



Up Dog



Down Dog



Leg High



Bent Knee Hip Opener



flip your dog



High Plank



Side Plank



Modified - option



scissor legs - option



Chaturanga



Up Dog



Down Dog





Long Spine



Forward Fold



Utkatasana



Twisting Prayer right



front view



open arms - option



half bind - option



Utkatasana



Padangusthasana



Gorilla



Utkatasana



Twisting Prayer left



front view



open arms - option



half bind - option



Utkatasana



Eagle right



Utkatasana



Eagle left



Tadasana



Eagle



hinge forward



Airplane



Eagle Arms - option



Half Moon



Chaturanga



Up Dog



Down Dog



Half Lift



Forward Fold



Tadasana





Samasthiti



Tree



Tadasana



Forward Fold



Half Lift



Chaturanga



Up Dog



Down Dog



Warrior 1



Warrior 2



Reverse Warrior



Chaturanga



Up Dog



Down Dog



Warrior 1



Warrior 2



Triangle



palms touch - option



Prasarita (1st series)



Tripod Headstand - option (1st series)



Horse (2nd series)



Hand on Hips



Twisting Triangle



Twisting Half Moon - option



Chaturanga



Up Dog



Down Dog





Chaturanga



Up Dog



Down Dog



High Plank



Low Cobra



Locust



Floor Bow



Up Dog



Down Dog



Camel



grab heels - option



Hero - option for rest



Bridge



Supta Baddha Konasana - option



Bridge



Wheel



Supta Baddha Konasana



knees into chest



roll front & back



Chaturanga



Up Dog



Down Dog



Leg High



Knee to Nose



Half Pigeon



fold forward





Boat



Half Boat



Full Boat



Boat



Half Pigeon



fold forward



seated



Pachimotinasana



Plow



Shoulder Stand



Dead Bugs Pose



Happy Baby - option



Knees into Chest



Prone Frog



knee into chest



Spinal Twist



forehad to knees



Savasana



supported fetal position



hands to heart



hands to 3rd eye



bow forward

