



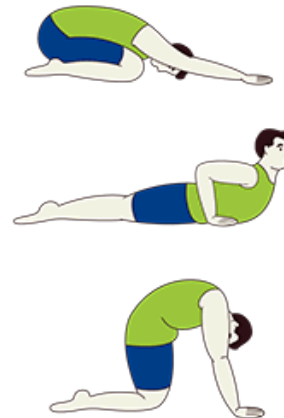
1. Half Lotus Pose Hands Flow 2. Easy Pose Bound Hands • 3. Seated Cat Cow Pose •
• Ardha Padmasana Hasta Vinyasa Sukhasana Baddha Hasta Upavistha Bitilasana Marjaryasana



4. Alternate Flapping Elbows
Interlocked Palms Close Up



5. Bhastrika Pranayama •
Bhastrika Pranayama



6. Cobra Dance Flow



7. Kneeling Single Leg Half Bow Pose 8. Gate Pose Kneeling Half Moon Pose Flow • Parighasana Kneeling Ardha Chandrasana Vinyasa 9. Downward Facing Hero Pose • Adhomukha Virasana



10. Child Pose Variation Both Arms To Side • Balasana Variation Both Arms To Side



11. Camel Pose Variation Hands On Floor • Ustrasana Variation Hands On Floor



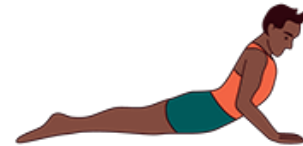
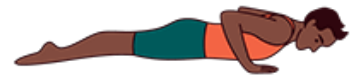
12. Reclined Hero Pose Variation Elbows • Supta Virasana Variation Elbows



13. Child Pose Prayer Twist • Parivrtta Balasana



14. Puppy Dog Pose • Uttana Shishosana



15. Cobra Pose Flow • Bhujangasana Vinyasa



16. Locust Pose • Salabhasana



17. Revolved Cobra Pose • Parivrtta Bhujangasana



18. One Legged Bow Pose Variation • Eka Pada Dhanurasana Variation



19. Bow Pose • Dhanurasana



20. Section Line



21. Plank Pose • Phalakasana



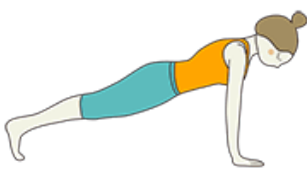
22. Downward Facing Dog Pose
• Adho Mukha Svanasana



23. Low Lunge Pose •
Anjaneyasana



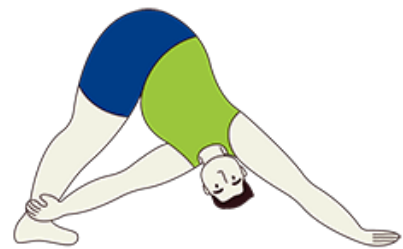
24. Easy Revolved Side Angle
Pose • Saral Parivrtta
Parsvakonasana



25. Plank Pose • Phalakasana



26. One Legged Plank Pose
Leg • Eka Pada Phalakasana
Dhanura Pada



27. Revolved Downward Facing
Dog Pose



28. Wild Thing Pose •
Camatkarasana



29. Section Line



30. Extended Mountain Pose
With Backbend • Utthita
Tadasana With Backbend



31. Lord Shiva Cycle Of Life
Dance Pose • Tandavasana



32. Standing Hand To Big Toe
Pose D I • Utthita Hasta
Padangusthasana D I



33. Standing Hand To Big Toe
Pose • Utthita Hasta
Padangusthasana



34. Dancer Pose • Natarajasana



35. Warrior Pose II •
Virabhadrasana II



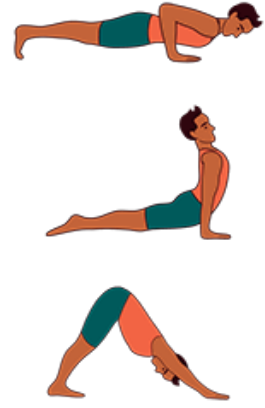
36. Reverse Warrior Pose •
Viparita Virabhadrasana



37. Downward Facing Dog Pose
• Adho Mukha Svanasana



38. Section Line



39. Flow I • Vinyasa I



40. Standing Hand To Big Toe
Pose In Front • Utthita Hasta
Padangusthasana In Front



41. Revolved Hand To Big Toe
Pose • Parivrtta Hasta
Padangusthasana



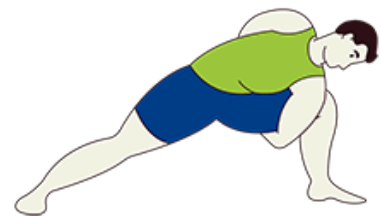
42. High Lunge Pose • Ashta
Chandrasana



43. Revolved High Lunge Pose
Parivrtta Ashtachandrasana



44. Revolved Side Angle Pose
Parivrtta Parsvakonasana
Namaste Hands



45. Bound Extended Side Angle
Pose • Baddha Utthita
Parsvakonasana



46. Section Line



47. Cow Face Pose •
Gomukhasana



48. Seated Side Straddle Pose •
Parsva Upavistha Konasana
Variation



49. Happy Baby Pose • Ananda
Balasana



50. Bridge Pose Variation Ankle
• Setubandha Sarvangasana
Variation Ankles



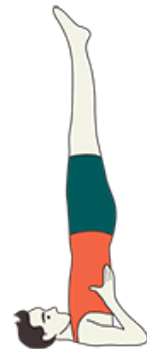
51. Scorpion Twist Pose • Supta
Parivrtta Vrschikasana



52. Banana Pose Variation •
Bananasana Variation



53. Plough Pose • Halasana



54. Shoulderstand Pose •
Sarvangasana