

## All the favourites!



Easy Pose



Spinal Breathing



Hurdler's twist  
**flowing sequence,  
raising up on knee**



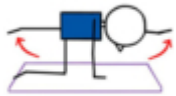
Butterfly



Hurdler's twist  
**flowing sequence  
raising up on knee**



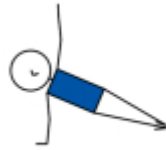
Cat Cow



Kneeling Superman 3



One Leg Tiger



Side Plank  
**kneeling half moon**



Hero



Tall Kneel



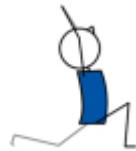
Extended Puppy



Cow 1



Down Dog (bent knees)



Crescent Moon



Forward Bend



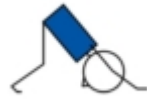
Mountain Arms Up 2



Forward Bend



Crescent Moon



Down Dog (bent knees)



Cow 1



Extended Puppy



Tall Kneel



Repeat

Repeat



Down Dog (bent knees)



Chair



Crescent Lunge



Warrior II



Reversed Warrior



Down Dog (bent knees)



Repeat On Other Side



Down Dog (bent knees)



Pigeon



Pigeon (forward fold)



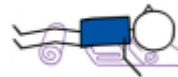
Squat



Child



Abdominal Breath  
**Prana Mudra**  
**Pranayama**



Savasana