

# Satya - Truthfulness



Kneeling



Easy Side Bend



Confidence



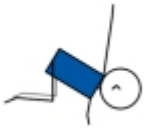
Easy Forward Bend 2



Easy Twist



Cat Cow



Threading The Needle



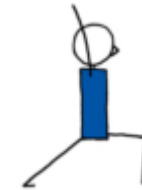
Down Dog



Mountain



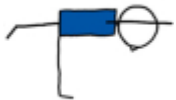
Low Lunge (left foot back)



Warrior I



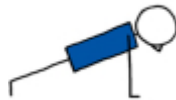
Ksepana Mudra



Warrior III



Standing Split



Plank



Cobra



Down Dog



Mountain



Repeat On Other Side



Goddess 1



Goddess 3



Goddess 5



Revolved Forward  
Bend



Hero



Lion



Three Limbs Facing  
West



Head To Knee (strap)



Repeat On Other Side



Up Dog

Blank  
**hurdlers side stretch**



Bridge



Corpse