

Supermoon Practice



Easy



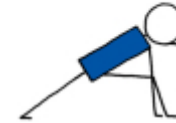
Mountain



Standing Backbend



Standing Forward Bend 3



Lunge (hands on floor)



Lizard Lunge



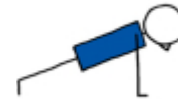
Wide Leg Forward Bend



Squat (leg extended)



Low Lunge (left foot forward)



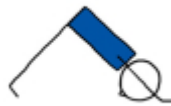
Plank



Extended Puppy



Cobra (hands forward)



Down Dog



Down Dog (split)



High Lunge



Standing Forward Bend 3



Standing Backbend



Repeat On Other Side



Tall Kneel



Lunge (knee on floor)



Cat Cow



Down Dog



Child



Cobra



Tall Kneel



Camel Modification



Camel



Repeat On Other Side



Dancer



Bridge



Savasana