

# Svadisthana Chakra



Easy



Bound Angle



Sufi Grind



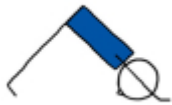
Wide Angle Seated  
Forward Bend



Child



Cobra  
**look left then right  
(girly snake)**



Down Dog



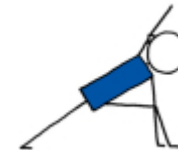
Warrior II



Reversed Warrior



Warrior II



Extended Side Angle



Warrior I



Horse (arms to side)



Down Dog



Lunge (knee on floor)



Squat (leg extended)



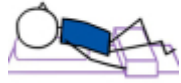
Down Dog



Pigeon



Easy  
**VAM chanting**



Bound Angle