



Upward Salute



Forward Fold



Squat



Seated Prayer



Upward Salute



Forward Fold



Lunge Right



Kneeling Lunge Right



Forward Fold



Lunge Left



Kneeling Lunge Left



Forward Fold



Upward Salute



Warrior II



Triangle



Wide Leg Forward Fold



Tree Right



Tree Left



Bridge Pose



Leg in the Air Pose Right



Left



Figure Four Hip Stretch



Supine Twist Right



Left



Knees to Chest



Wind Relieving Pose Right



Left



Knees to Chest



Corpse Pose