



Cat



Cow



Extended Cat



Extended Cow



Cobra



Moving Grasshopper



Extended Cat



Extended Cow



Spiral Twisting



Plank



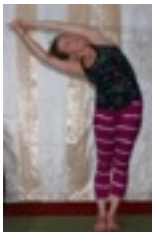
Lunge



Side Plank



Downward-Facing Dog



Side Bend



Back Bend



Forward Bend



Chair



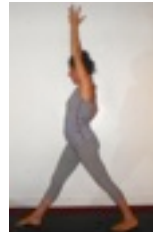
Balancing Chair



Rotated Chair



Tracking 1 Leg - Front



Warrior I



Tracking - Side



Warrior II



Side-Angle



Wide Leg Forward Bend



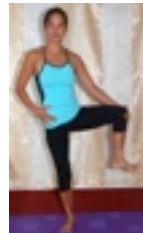
Lion



Column



Moving Column



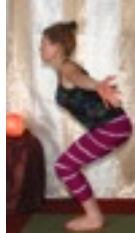
Airplane



Balancing Stick



Moving Chair



1 Leg Series - Straight



Crossover Twist



Abdominal Curls



Abdominal Crossovers



Cobra



Flying Grasshopper



Bow



Extended Cat Stretch



Crescent Lunge



Camel



Childs Pose



OR Rabbit



Hero



Rock the Baby



Head to Knee



Wide Seated Forward Bend



Bridge



Bound Bridge



Fish



Forward Bend



Stretching the Front (moving)



Seated Spinal Twist



Breathing



Resting (Savasana)