



Cat



Cow



Extended Cat



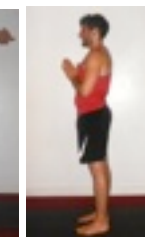
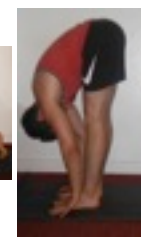
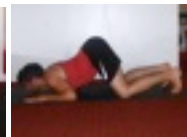
Extended Cow



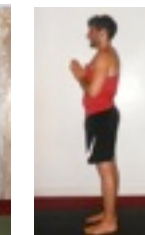
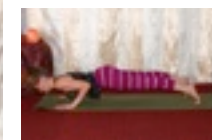
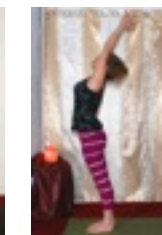
Plank



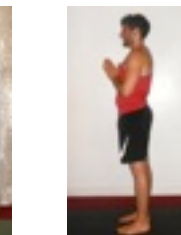
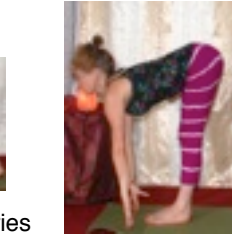
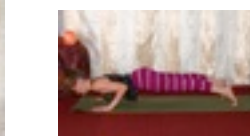
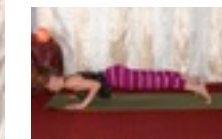
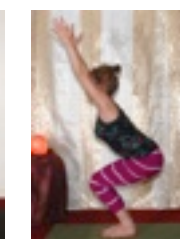
Downward-Facing Dog



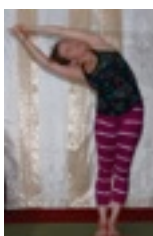
Devotional Sun Salutation



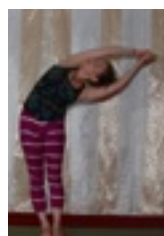
Jumping Sun Salutation - A Series



Jumping Sun Salutation - B Series



Side Bend



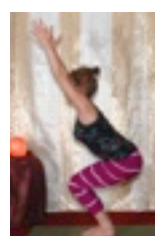
Back Bend



Forward Bend



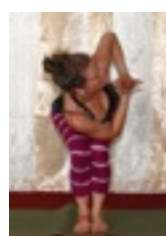
Chair



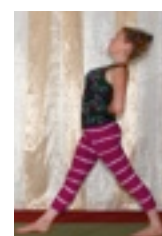
Balancing Chair



Rotated Chair

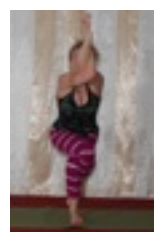


Tracking 1 Leg - Front



Rotated Triangle





Eagle



Arm Binding/Bird-of-Paradise



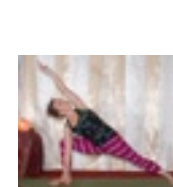
Moving Triangle/Tracking - Side



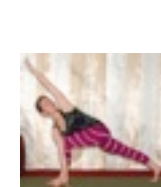
Half-Moon



Extended Triangle



Side Angle



Rotated Side Angle



Wide Leg Forward Bend



Lion



Handstand Straddle



Column



Holding 1 Knee or Foot



Standing Bow



Balancing Stick



Airplane



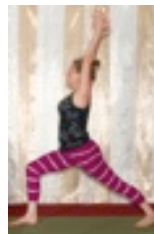
Standing Splits



Chair



Crow



Warrior I



1 Leg Series



Basic Curls



Crossover + Latch



Starfish



3 Dangling Pose/Boat



5 Handstands/Boat Between



Cobra



Flipped Grasshopper



Flying Grasshopper



Bow



Frog



Extended Cat Stretch



Crescent Lunge



Camel



Rabbit



Reclined Hero



Downward Dog



1 Leg Pigeon Prep



Mermaid



Stacking Shins



Cow-Face



Spread Leg Forward Bend



Turtle



Sleeping Turtle



Firefly



Bridge



Upward Bow



Forward Bend



Headstand (or prep)



Shoulder Stand



Plow



Fish



Seated Spinal Twist



Lotus



Breathing



Resting (Savasana)