



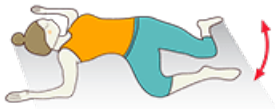
1. Fish Pose Blocks Knees
Positions Matsyasana Blocks
Knees Positions



2. Half Wind Release Pose Block
Ardha Pawan Muktasana Block



3. Wind Release Pose
Pawanmuktasana



4. Supine Windshield Wiper Twist
Pose Supta Parivrtta
Sucirandhrasana Variation



5. Toe Squat Vajrasana Variation
On Toes



6. Overhead Shoulder Stretch
Pose Close Up



7. Thread The Needle Pose Flow
Urdhva Mukha Pasasana Flow



8. Thread The Needle Pose
Variation Leg Side Urdhva Mukha
Pasasana Variation Leg Side



9. Table Top Pose Leg To Side
Bharmanasana Leg To Side



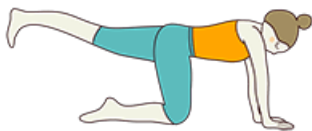
10. Wide Child Pose Blanket One Leg To Side Prasarita Balasana
Blanket Eka Pada Side



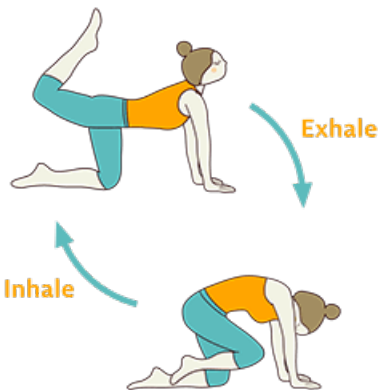
11. Gate Pose Parighasana



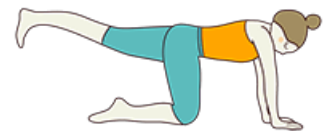
12. Table Top Pose Leg To Side
Bharmanasana Leg To Side



13. Table Top Pose Variation Leg Raised Bharmanasana Variation
Leg Raised



14. Tiger Pose Table Top Pose Knee To Nose Flow Vyaghrasana
Dandayamana Bharmanasana Knee To Nose Vinyasa



15. Table Top Pose Variation Leg Raised Bharmanasana Variation
Leg Raised



16. Table Top Pose Eagle Legs
Bharmanasana Garuda Pada



17. Table Top Pose Knees Up
Bharmanasana Knees Up



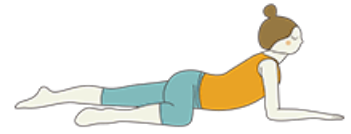
18. Downward Facing Dog Pose Variation Toes Adho Mukha
Svanasana Variation Toes



19. Puppy Dog Pose Uttana
Shishosana



20. Sphinx Pose Salamba
Bhujangasana



**21. Sphinx Pose With Half Frog
Pose Legs** Salamba Bhujangasana
Ardha Bhekasana Pada



**22. Sphinx Pose Thread The
Needle Variation** Salamba
Bhujangasana Urdhva Mukha
Pasasana Variation



**23. Supine Spinal Twist Yoga
Pose I** Supta Matsyendrasana I



24. Wind Release Pose
Pawanmuktasana



**25. Half Forward Fold Hands On
Floor** Ardha Uttanasana Hands On
Floor



26. Sun Salutation A Second Half
Surya Namaskar A Second Half



27. High Lunge Pose Ashta
Chandrasana



28. High Lunge Arms Extended Backwards Ashta Chandrasana
Arms Extended Backwards



29. Revolved High Lunge Pose
Parivrtta Ashtachandrasana



30. Reverse Crescent Low Lunge Twist Pose Viparita Parivrtta
Anjaneyasana