

1. Easy Pose Sukhasana

Cross the legs at mid shin. Descend the knees towards the arches of the feet. Lift the spine from the base of the spine. Roll the shoulders back to lift the chest. Create equal pressure between the palms of the hands. Close the eyes.



2. Mountain Pose Tadasana

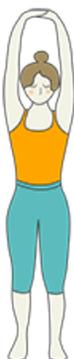
Stand evenly over the feet. Engage the thigh muscles. Lift the spine from the base of the spine. Roll the shoulders back and bring the shoulder blades into the back. Square the hips and keep the gaze of the eyes facing forward.



3. Mountain Pose Raised Hands Head Straight Tadasana Urdhva

Hastasana Head Straight

Keep the legs in Tadasana. Raise the arms so the arms are inline with the ears or slightly behind the ears. Create length in the torso from the extension of the arms.



4. Urdhva Baddhanguliyasana

Deep interlace of the fingers. Open the palms of the hands. Bring the arms inline with the ears or behind the ears without pressing the abdomen forward.



5. Tree Pose Vrksasana

Bring the heel onto the inner upper thigh. Press the outer the thigh of the standing leg in towards the foot. Press the hands together, with the arms inline with the ears.



6. Five Pointed Star Pose Utthita Tadasana

Extend the arms and legs so the wrists are above the ankles.



7. Side Hands And Feet Pose

Parsva Hasta Padasana

Turn the back foot in, turn the front thigh out.



8. Extended Triangle Pose Block

Utthita Trikonasana Block

Bring the shoulder blades into the back, elongate the spine and turn the chest upward.



9. Warrior Pose II Virabhadrasana II

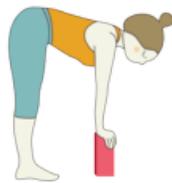
Extend the back leg while bending the front leg to 90 degrees. Extend the arms from the center of the chest, shoulder blades into the back and look over the front arm.



10. Extended Side Angle Pose Block

Utthita Parsvakonasana Block

Extend the back leg while bending the front leg to 90 degrees. Take the hand to support or the floor, extend the top arm over the ear. Extend from the back outer heel to the tips of the fingers.



11. Upward Forward Fold Block

Ardha Uttanasana Block

Engage the thigh muscles, lengthen the back thigh muscles. Extend the spine with hands supported or on the floor.



12. Warrior Pose I Gaze Forward

Virabhadrasana I Gaze Forward

Extend the back leg while bending the front leg to 90 degrees. Reach the arms strongly up.



13. **Warrior Pose I** Virabhadrasana I

Extend the back leg while bending the front leg to 90 degrees. Reach the arms strongly up, join the palms of the hands and look up.



14. **Back Bound Hands Pose** Tadasana Paschima Baddha Hastasana

Hold the elbows behind the back. Roll the biceps forward to open the chest.



15. **Cow Face Pose Arms Close Up** Gomukhasana Arms Close Up

Hold the hands behind the back. Roll the bicep of the bottom arm forward to open the chest. Reach the top elbow up.



16. **Cow Face Arms Strap Close Up** Hasta Gomukha Strap Close Up

Hold the belt and bring the hands closer to each other on the belt. Roll the bicep of the bottom arm forward to open the chest. Reach the top elbow up.



17. **Pyramid Pose Hands On Blocks** Parsvottanasana Hands On Blocks

Separate the legs and keep them straight. Align the pelvic bones with the floor. Extend the spine with the hands supported on blocks or the floor.



18. **Intense Leg Stretch Pose** Prasarita Padottanasana

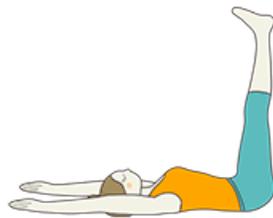
Separate the legs with the outer edges of the feet parallel to the mat. Take the hands under the shoulders and look forward with a concave back. With the spine elongated, walk the hands back to bring the heel of the hands inline with the heels of the feet. Take the head down.



19. Downward Facing Dog Pose

Adho Mukha Svanasana

The feet are hip width apart and the arms are shoulder width apart. Straighten the arms and the legs. Lift the pelvis up and extend the spine.



20. Upward Extended Feet Pose

Variation Urdhva Prasarita

Padasana Variation

Reach the arms overhead. Bring the legs to 90 degrees. Press the lower back to the floor.



21. Half Wind Release Pose •

Pavanamuktasana

Extend one leg on the floor and bend one knee towards the chest. Interlace the fingers around the shin bone. Align the pelvic bones to be on the same line.



22. Wind Release Pose •

Pavanamuktasana

Bend both knees to the chest, interlace the fingers around both shin bones. Relax the back.



23. Thunderbolt Pose Hips Blocks

Blanket Behind Knees Vajrasana

Hips Blocks Blanket Behind Knees

Kneel on the floor. Place a blanket into the backs of the knees. A blanket can be placed under the ankles if they are uncomfortable.



24. Staff Pose Blanket

Dandasana

Blanket

Extend the legs out. Keep the legs strong by engaging the quadriceps.



25. Bound Angle Pose Arms Behind Baddha Konasana Arms Behind

Bend the knees and bring the soles of the feet together. Press the feet together and descend the knees down.



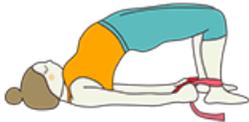
26. Seated Straddle Pose Sitting Upright Blanket Upavistha Konasana Blanket

Bring the hands next to the hips. Extend the legs out to the side. Press the thighs and heels down to the floor. Lift the spine up.



27. Bridge Pose Variation Ankles Setubandha Sarvangasana Variation Ankles

Lay on the back, bend the knees and hold onto the front of the ankles. Press the heels into the floor and lift the buttock bones up. Roll the outer shoulders under and lift the chest up.



28. Bridge Pose With Strap Chatus Padasana With Strap

Use a belt if the ankles can not be held with the hands.



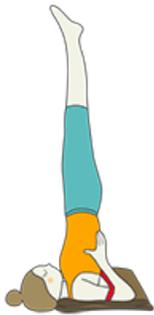
29. Half Plough Pose Feet On Wall Ardha Halasana Feet On Wall

Have minimum of 3 blankets and place them about 1 leg distance away from the wall. With the rounded edge of the blankets towards the wall. Lay on the back with the blankets under the shoulders so that the neck and head are off of the blankets. Swing the legs over to bring the feet to the wall. Bring the hands to the back to lift the skin of the back up. Press the thighs up towards the ceiling.



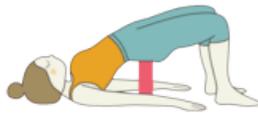
30. Plough Pose Hands On Back Halasana Hands On Back

Take the feet to the floor is possible. Do not strain the neck.



31. Shoulderstand Pose With Blanket And Strap Salamba Sarvangasana With Blanket And Strap

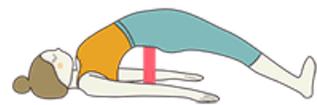
Bring the legs up towards the ceiling. Do not let the legs hang over the head. Walk the hands down the back towards the shoulder blades and extend the front of the thighs.



32. Bridge Pose Block

Setubandha Sarvangasana Block

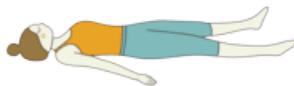
Lay down on the back. Lift the hips and place the block under the sacrum. Roll the outer shoulders under.



33. Bridge Pose Variation Block Support Legs Straight

Setubandha Sarvangasana Variation Block Support Legs Straight

Extend the legs and press the feet into a wall.



34. Corpse Pose Savasana

Lie down on the floor with no support. Or put a blanket under the head to support the head and neck. A support can also be used under the knees if needed.