

1. **Mountain Pose** • Tadasana
 Balance the body weight over the four corners of the feet.



2. **Mountain Pose Raised Hands Head Straight** • Tadasana Urdhva Hastasana Head Straight
 Palms facing up and palms forward.



3. **Urdhva Baddhanguliyasana**
 Interlace of fingers and turn the palms towards the ceiling in Tadasana.



4. **Five Pointed Star Pose** • Utthita Tadasana
 Extended hands and feet- how to jump or step feet apart, feet parallel, arms stretch.



5. **Side Hands And Feet Pose** • Parsva Hasta Padasana
 Side Extended hands and feet- turn the feet, front heel intersects arch of back foot.



6. **Extended Triangle Pose Block** • Utthita Trikonasana Block
 Hand grab shin or place the hand on the block.



7. **Warrior Pose II** • Virabhadrasana II

Square shape of the front leg.



8. **Extended Side Angle Pose** • Utthita Parsvakonasana

Top hand on hip and open chest. Final pose is to extend the arm over the ear.



9. **Upward Forward Fold Block** • Ardha Uttanasana Block

Half intense forward extension with support of the wall or blocks if the hands don't touch the floor.



10. **Back Bound Hands Pose** • Tadasana Paschima Baddha Hastasana

Bind of the arms behind the back.



11. **Back Bound Hands Pose Close Up** • Paschima Baddha Hastasana Close Up



12. **Cow Face Pose Arms Close Up** • Gomukhasana Arms Close Up

Hold the fingers, palms or wrists.



13. Ghomukhasana Arms

Hold the belt, and walk the hands closer to each other on the belt.



14. Pyramid Pose Hands On

Blocks • Parsvottanasana Hands On Blocks

Turn the back, to turn the hips.
Concave the upper back.



15. Upward Extended Feet Pose

Variation • Urdhva Prasarita Padasana Variation

Center of the room at 90 degrees/use belt if you can't hold your legs up or put a folded blanket under the hips.



16. Half Wind Release Pose • Eka Pada Supta Pavanamuktasana

Interlace fingers around one knee. Press the straight leg firmly to the floor. Move the bent knee hip away from the shoulder.



17. Wind Release Pose • Supta Pavanamuktasana

Interlace the fingers around both shin bones.



18. Thunderbolt Pose Hips Blocks Blanket Behind Knees

• Vajrasana Hips Blocks Blanket Behind Knees
With two blankets, belt the ankles and Parvatasana (interlace of fingers over head).



19. **Parvatasana Vajrasana**
Turn the palms towards the ceiling



20. **Staff Pose Blanket** • Dandasana
Blanket
Straighten legs.



21. **Staff Pose Raised Open Hands**
Blanket • Urdhva Hasta Dandasana
Blanket
Palms face each other.

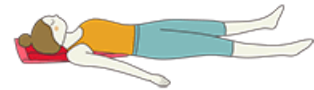


22. **Bound Angle Pose Arms Behind** • Baddha Konasana Arms Behind
Soles of the feet together.



23. **Reclined Butterfly With Strap Bolster And Blanket** • Supta Baddha Konasana With Strap Bolster And Blanket

Belt low on the low back and around the outer edges of the feet to keep the feet together.



24. **Corpse Pose Blanket** • Savasana Blanket
Relax the body completely.