

1. **Easy Pose** • Sukhasana

Cross the legs at mid shin and sit on enough height that the knees are inline or lower with the root of the thighs.



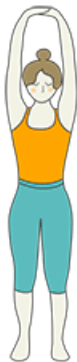
2. **Mountain Pose** • Tadasana

Balance the body weight over 4 corners of the feet. Bring the front of the thighs back and the buttock bones forward to balance the pelvis over the legs.



3. **Mountain Pose Raised Hands Head Straight** • Tadasana Urdhva Hastasana Head Straight

Extend the arms to extend the torso.



4. **Palm Tree Pose** • Urdhva Hastotanasana

Extend the arms. Bring the back of the shoulders towards the armpits and open the armpits.



5. **Five Pointed Star Pose** • Utthita Tadasana

Jump or step the feet apart so that the wrists and ankles are inline.



6. **Side Hands And Feet Pose** • Parsva Hasta Padasana

Turn the back foot in 45 degrees and the front leg out 90 degrees.



7. **Extended Triangle Pose Block** •

Utthita Trikonasana Block

Keep the back leg in Tadasana and take the hand down to the shin or block.



8. **Warrior Pose II** • Virabhadrasana

II

Keep the outer edge of the back foot on the floor, the back leg extended and bend the front knee to 90 degrees.



9. **Extended Side Angle Pose Block** • Utthita Parsvakonasana

Block

Keep the outer edge of the back foot on the floor, the back leg extended, bend the front knee to 90 degrees and take the hand to the floor or block.



10. **Upward Forward Fold Block** •

Ardha Uttanasana Block

Straighten legs and concave the upper back.



11. **Back Bound Hands Pose** •

Tadasana Paschima Baddha Hastasana

Hold the elbows behind the back and turn the biceps forward to open the shoulders.



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

Close Up



13. **Cow Face Pose Arms Close Up**

• Gomukhasana Arms Close Up

Clasp the fingers. Roll the bottom arm bicep forward and extend the top elbow up towards the ceiling.



14. **Cow Face Arms Strap Close Up** • Hasta Gomukha Strap Close Up

Or use the belt and bring the hands closer to each other.



15. **Pyramid Pose Hands On Blocks** • Parsvottanasana Hands On Blocks

Roll the back thigh in to bring the back hip forward and the front hip back. Concave the upper back by looking forward.



16. **Intense Leg Stretch Pose** • Prasarita Padottanasana

Balance the weight over the feet. Tadasana legs. Take hands to the floor or blocks.



17. **Tree Pose** • Vrksasana

Bring the heel high up into the groin. Press the foot into the thigh and the outer thigh towards the foot. Extend the arms with hands together or shoulder width apart.



18. **Upward Extended Feet Pose Variation** • Urdhva Prasarita Padasana Variation

Extend the legs to 90 degrees. For tight hamstrings, use a belt around the feet or place a blanket under the pelvis.



19. **Half Wind Release Pose • Pavanamuktasana**

Extend the bottom leg and move the bend leg hip away from the shoulder.



20. **Wind Release Pose • Pavanamuktasana**

Relax the front groins.



21. **Thunderbolt Pose Hips Blocks Blanket Behind Knees • Vajrasana**

Hips Blocks Blanket Behind Knees
Place a blanket under the ankles if the ankles are uncomfortable.
Place more blankets in the back of the knees if the knees are uncomfortable.



22. **Staff Pose Blanket • Dandasana**
Blanket

Engage the leg muscles and straighten the legs completely.



23. **Staff Pose Raised Open Hands Blanket • Urdhva Hasta Dandasana**
Blanket

Maintain the legs and reach the arms to lengthen the torso.



24. **Bound Angle Pose Arms Behind • Baddha Konasana**
Arms Behind

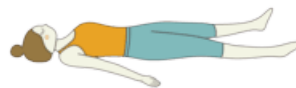
Place blankets under the buttock bones until the knees are at the level of the front groins.
Press the feet together and descend the knees to the floor.



25. **Legs Up The Wall Pose Bolster**

- Viparita Karani Bolster

Elevate hips and bring the buttock bones as close to the wall as possible. Relax in the pose.



26. **Corpse Pose** • Savasana

Relax deeply.