

1. **Easy Pose** • Sukhasana

Feet under the knees. Balance the pressure between the palms of the hands.



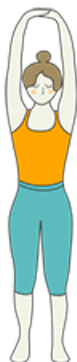
2. **Mountain Pose** • Tadasana

Keep the legs firm and balance the pelvis over the legs. Roll the shoulders back and lift the chest.



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

Elongate the inner arms as the triceps move in and forward.



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

Take the little finger side of the hand down towards the floor behind. Bring the arms inline with the ears or slightly behind.



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

Extend the arms from the center of the chest, roll the biceps up towards the ceiling to bring the shoulder blades into the back and open the chest.



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

Maintain the movement of the arms and upper chest. Refine the turn the thigh out.



7. **Extended Triangle Pose Block** •
Utthita Trikonasana Block

Maintain the stability of the legs. Maintain the roll of the biceps to keep the shoulder blades into the back to support the opening of the chest.



8. **Warrior Pose II** • Virabhadrasana II

Maintain stability in the legs. Open the chest by rolling the biceps towards the ceiling to bring the shoulder blades into the back.



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

Maintain the stability of the legs, take the hand down so that it's supported. Extend the top arm over the ear and turn the chest towards the ceiling.



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

Concave the upper back. Maintain the movement of the upper back and elongate the frontal spine.



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

Hold both arms or one depending mobility. Roll the biceps forward to open the chest.



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, palms or wrists. Roll the bottom arm bicep forward the top arm tricep forward.



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

Use any kind belt if the fingers/hands don't touch.



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

Maintain the stability of the legs. Concave the upper back.



16. **Intense Side Stretch Pose Looking Forward Hands On Floor** •

Parsvottanasana Looking Forward Hands On Floor Yoga

Elongate the front of the spine and take the hands lower.



17. **Wide Legged Forward Fold Pose Downward Facing Dog Pose Arms** • Prasarita Padottanasana Adho Mukha Svanasana Hasta

Concave the upper back, elongate the front of the spine.



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

Maintain the stability of the legs, walk the hands back so the heel of the hands are inline with the heels of the feet and take the head down.



19. **Tree Pose Hand Wall** •
Vrksasana Hasta Wall

From Tadasana, bring the heel high up into the groin of the standing leg. Use a support for the hand if the balance isn't coming. Place the other hand on the hip. If the balance is there, take the hand off the wall.



20. **Downward Facing Dog Pose Blocks** • Adho Mukha Svanasana
Blocks

Blocks touch the wall. Place the hands on the blocks with the hands turned out so that the index finger and the thumb are touching the wall. Walk the feet back far enough that the legs are extended. Push the wall away, push the thighs back and take the heels to the floor.



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

Straighten the legs to 90 degrees. Stamp the sacrum and lumbar spine to the floor. Hold for a little more time.



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

Press the straight leg to the floor. Try to touch the hamstring to the floor. Move the bent knee hip away from the shoulder so the pelvic bones are on the same line.



23. **Wind Release Pose** •
Pavanamuktasana

Relax the front groins. Relax the shoulders. Relax the back.



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

Pull the blankets deep into the crease of the knees.



25. **Staff Pose Blanket** • Dandasana
Blanket

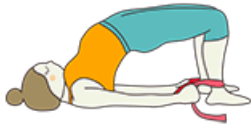


26. **Staff Pose Raised Open Hands Blanket** • Urdhva Hasta Dandasana
Blanket

Straighten the legs. Press the heels and the thighs to the floor.



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



28. **Bridge Pose With Strap** •
Chatush Padasana With Strap

Hold the belt, press the heels into the floor and lift the hips up. Roll the outer shoulders underneath and lift the chest.



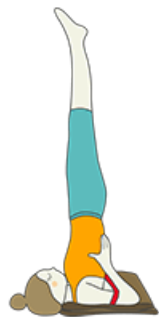
29. **Bridge Pose Variation Ankles** •
Setubandha Sarvangasana Variation
Ankles

Hold the front ankles. Press the heels into the floor and lift the hips up. Roll the outer shoulders underneath and lift the chest.



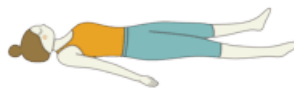
30. **Wall Shoulderstand Pose** • Wall
Sarvangasana

Place 3 blankets under the shoulders. The neck and head are off of the blankets. Be far enough away from the wall that the shin bones are parallel to the floor. Roll the outer shoulders underneath.



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

If the balance is good. Take the feet off of the wall. The legs should be straight up and not over the face.



32. **Corpse Pose** • Savasana
Let go completely and deeply.