

 Breath of Fire (Kapalabhati)	 Mountain (Tadasana)	 Upward Salute II (Urdhva Hastasana)	 Half Way Lift (Ardha Uttanasana)	 Plank (Phalahakasana)	 Up Dog (Urdhva Mukha Svanasana)	 Down Dog (Adho Mukha Svanasana)	 Chair (Utkatasana)
 Warrior I (Virabhadrasana I)	 Rag Doll A (Padangusthasana)	 Rag Doll B (Pada Hastasana)	 Triangle (Trikonasana)	 Reverse Triangle (Viparita Trikonasana)	 Extended Side Angle (Utthita Parsvakonasana)	 Revolved Lunge (Parivrtta Anjaneyasana)	 Wide Leg Stretch A (Prasarita Padottanasana)
 Wide Legged Forward Bend Halfway (Prasarita Padottanasana)	 Wide Leg Stretch C (Moordhasana)	 Intense Side Stretch II (Parsvottanasana)	 Extended Leg A (Utthita Hasta Padangustasana)	 Extended Leg Fold (Utthita Janu Sirasana)	 One Legged Prayer (Eka Pada Pranmasana)	 Tree (Vrksasana)	 Eagle (Garudasana)
 Warrior III (Virabhadrasana III)	 Half Moon (Ardha Chandrasana)	 Standing Split (Urdhva Prasarita Eka Padasana)	 Standing Forward Bend (Uttanasana)	 Goddess (Utkata Konasana)	 Squat (Namaskarasana)	 Crane (Bakasana)	 Boat (Navasana)
 Rolling Like A Ball (Rolling Like A Ball)	 Bridge (Setu Bandha Sarvangasana)	 Wheel (Urdhva Dhanurasana)	 Seated Forward Bend (Paschimottanasana)	 Supported Shoulderstand (Salamba Sarvangasana)	 Plow (Halasana)	 Heel Lift in Squat (Utkatasana (var))	 Plank (Phalahakasana)
 Side Plank (Vasisthasana)	 Dolphin Plank (Makara Adho Mukha Svanasana)	 Bound Hand Headstand (Baddha Hasta Sirsasana)	 Extended Child's Pose (Mudhasana)	 Squat (Namaskarasana)	 Knees to Chest (Apanasana)	 Corpse (Savasana)	 Half Lotus (Ardha Padmasana)