

































Classplan Description: Basics / Foundations classic yoga poses

 Reclining Bound Angle (Supta Baddha Konasana)	 Child's (Balasana)	 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)	 Standing Forward Bend (Uttanasana)	 Rag Doll A (Padangusthasana)	 Rag Doll B (Pada Hastasana)	 Triangle (Trikonasana)	 Warrior II (Virabhadrasana II)	 Extended Side Angle (Utthita Parsvakonasana)
 Wide Leg Stretch C (Moordhasana)	 One Legged Prayer (Eka Pada Pranmasana)	 Tree (Vrksasana)	 Warrior III (Virabhadrasana III)	 Double Angle Pose (Dwikonasana)	 Goddess (Utkata Konasana)	 Squat (Namaskarasana)	 Boat (Navasana)
 Bridge (Setu Bandha Sarvangasana)	 Seated Forward Bend (Paschimottanasana)	 Knees to Chest (Apanasana)	 Reclining Spinal twist (Supta Maiseyandrasana)	 Universal Spinal Twist (Shava Udarakarshanasana)	 Corpse (Savasana)	 Reclining Bound Angle (Supta Baddha Konasana)	 Half Lotus (Ardha Padmasana)