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 <p>Reclining Bound Angle (Supta Baddha Konasana)</p>	 <p>Child's (Balasana)</p>	 <p>Mountain (Tadasana)</p>	 <p>Upward Salute II (Urdhva Hastasana)</p>	 <p>Half Way Lift (Ardha Uttanasana)</p>	 <p>Plank (Phalahakasana)</p>	 <p>Low Plank (Ardha Chaturanga)</p>	 <p>Up Dog (Urdhva Mukha Svanasana)</p>
 <p>Down Dog (Adho Mukha Svanasana)</p>	 <p>Chair (Utkatasana)</p>	 <p>Warrior I (Virabhadrasana I)</p>	 <p>Standing Forward Bend (Uttanasana)</p>	 <p>Rag Doll A (Padangusthasana)</p>	 <p>Triangle (Trikonasana)</p>	 <p>Warrior II (Virabhadrasana II)</p>	 <p>Extended Side Angle (Utthita Parsvakonasana)</p>
 <p>Wide Leg Stretch C (Moordhasana)</p>	 <p>One Legged Prayer (Eka Pada Pranmasana)</p>	 <p>Standing Thigh Stretch</p>	 <p>Squat (Namaskarasana)</p>	 <p>Knees to Chest (Apanasana)</p>	 <p>Reclining Bound Angle (Supta Baddha Konasana)</p>	 <p>Corpse (Savasana)</p>	 <p>Salutation Seal (Anjali Mudra)</p>