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 Threading the Needle (Sucirandhrasana)	 Cat Balance Extended Cat (Utthita Marjaryasana)	 Toe Bending (Padanguli Naman)	 Flying Cat (Eka Pada Badha Bitilasana)	 Balancing Table Knee to Elbow (Balancing Table Knee to Elbow)	 Hanging Plank (Hanging Plank)	 Lunge (Ardha Mandalasana)	 Half Monkey God Pose (Ardha Hanumanasana)
 Lizard (Utthan Pristhasana)	 Knees Chest and Chin (Ashtanga Namaskara)	 Cobra (Bhujangasana)	 Cobra Respiration (Bhujangini Mudra)	 Locust (Salabhasana)	 Half Frog (Ardha Bhekasana)	 Bow (Dhanurasana)	 Knees Chest and Chin (Ashtanga Namaskara)
 Rabbit (Sasangasana)	 Half Camel (Ardha Ushtrasana)	 Squat (Namaskarasana)	 Boat Half (Ardha Navasana)	 Legs Spread Back (Pada Prasa Paschimottasana)	 Inclined Plane (Purvottanasana)	 Full Butterfly (Poorna Titali Asana)	 Seated Chest Expansion (Pada Prasar Paschimottanasana)
 Half Lord of the Fishes (Ardha Matsyendrasana)	 Seated Side Bend (Parivritta sukanasana)	 Bridge (Setu Bandha Sarvangasana)	 One Legged Bridge (Eka Pada Setu Bandha Sarvangasana)	 Knees to Chest (Apanasana)	 Reclining Staff (Supine Dandasana)	 Reclining Big Toe (Supta Padangusthasana)	 Reclining Hand To Big Toe (Supta Padangusthasana I)
 Reclining Spinal twist (Supta Matseyandrasana)	 Banana (Bananasana)	 Fish (Matsyasana)	 Knees to Chest (Apanasana)	 Happy Baby (Ananda Balasana)	 Corpse (Savasana)	 Rolling Like A Ball (Rolling Like A Ball)	 Gracious (Bhadrasana)