

 Alternate Nostril Breathing (Anuloma Viloma)	 Extended Child's Pose (Mudhasana)	 Rag Doll (Uttanasana (var))	 Mountain (Tadasana)	 Elbow Bending (Kehuni Naman)	 Chest Expander (Dwikonasana)	 Upward Bound Finders (Urdhva Baddhanguliyasana)	 Crescent Moon (Ardha Chandrasana)
 Upward Salute II (Urdhva Hastasana)	 Standing Forward Bend (Uttanasana)	 Squat (Namaskarasana)	 Lunge (Ardha Mandalasana)	 Low Lunge (Anjaneyasana)	 Half Monkey God Pose (Ardha Hanumanasana)	 Table Top (Catuspadapitham)	 Hand Clenching (Mushtika Bandhana)
 Ankle Rotation (Goolf Chakra)	 Puppy (Uttana Shishosana)	 Child's (Balasana)	 Cat (Marjari)	 Frog (Mandukasana)	 Cow (Bitilasana)	 Threading the Needle (Sucirandhrasana)	 Spinal Balance (Merudandasana)
 Cat Twist (Parivrita Marjaryasana)	 Yoga Mudra (Yoga Mudrasana)	 Half Camel (Ardha Ushtrasana)	 Rabbit (Sasangasana)	 Squat (Namaskarasana)	 Seated Chest Expansion (Pada Prasar Paschimottanasana)	 Full Butterfly (Poorna Titali Asana)	 Boat Half (Ardha Navasana)
 Constructive Rest (Savasana (Bent Knee))	 Knee Stretch (Supta Vajrasana)	 Knees to Chest (Apanasana)	 Eye Of The Needle (Sucirandhrasana)	 Hip Roll (Shroni Chakrasana)	 Banana (Bananasana)	 Corpse (Savasana)	 Breath Balancing (Padadhirasana)