

































 Extended Child's Pose (Mudhasana)	 Breath Balancing (Padadhirasana)	 Ujjayi (Ujjayi)	 Cat (Marjari)	 Cow (Bitilasana)	 Puppy (Uttana Shishosana)	 Table Top (Catuspadapitham)	 Hanging Plank (Hanging Plank)
 Lunge (Ardha Mandalasana)	 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)	 Rag Doll (Uttanasana (var))	 Mountain (Tadasana)	 Standing Marichi I (Utthita Marichasana)	 Upward Salute II (Urdhva Hastasana)	 Standing Back Bend (Anuvittasana)
 Standing Forward Bend (Uttanasana)	 Rag Doll A (Padangusthasana)	 Squat (Namaskarasana)	 Boat Half (Ardha Navasana)	 Reclining Staff (Supine Dandasana)	 Bridge (Setu Bandha Sarvangasana)	 One Legged Bridge (Eka Pada Setu Bandha Sarvangasana)	 Knees to Chest (Apanasana)
 Full Butterfly (Poorna Titili Asana)	 Reclining Big Toe (Supta Padangusthasana)	 Reclining Hand To Big Toe (Supta Padangusthasana I)	 Reclining Spinal twist (Supta Matseyandrasana)	 Reclining Mountain (Supine Tadasana)	 Corpse (Savasana)	 Rolling Like A Ball (Rolling Like A Ball)	 Gracious (Bhadrasana)