

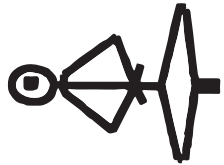
OPENING PHASE: LEVEL 1 ASANAS



relaxation



cat / cow



relax hips
initial relaxation



Balasana
Extended Child's Pose



mobilise spine, hips,
shoulders, arms



Adhomukha svanasana
Downward facing dog



sukhasana



vajrasana

CLOSING PHASE: SEATED POSTURES



sukhasana



vajrasana



watch breath

CLOSING PHASE: COUNTER POSTURES



twist



dynamic arm flow



Apanasana
Knees to chest pose



savasana
Corpse Pose

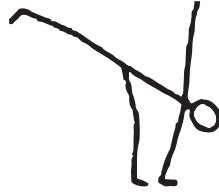
ALL POSES



Adhomukha svanasana
Downward facing dog



Apanasana
Knees to chest pose



Ardha Chandrasana
Half Moon pose



Ardha Matsyendrasana
Half Lord of the Fishes Pose



Ardha Utkatasana
Half Chair pose



Baddha konasana
Bound Angle Pose / Cobbler



Balasana
Child's pose



Bhujangasana
Cobra pose



Dandasana
Stick pose



Garudasana
Eagle pose



Halasana
Plow Pose



hasta baddha gomukhasana
Tied cow face pose



Janusirsana
head to knee forward bend



Janusirsana parivratti
revolved head to knee forward bend



Jathara parivratti
Master revolved abdomen pose



Marjariasana -
adhomukha/urdhvamukha
cakravakasana
Cat / Cow



Natarajasana
Lord of the dance Pose



Parighasana
Gate Pose



Parsvottanasana
Intense side stretch Pose



Pascimatanasana
Seated forward bend



prasarita padottanasana
wide legged forward bend



Salabhasana
locust pose



ardha Salabhasana
half locust pose



salamba sarvangasana
supported shoulder stand



ardha sarvangasana /
viparita karani
half shoulder stand



savasana
corpse pose



setu bandhasana /
dvipada pitham
bridge pose



sukhasana
Easy pose



supta eka pdangusthasana
reclining hand to big toe pose



tadasana / smasthiti
Mountain pose



upavista konasana
wide angled seated forward bend



parsva upavista konasana
revolved seated forward bend



urdvamukha svanasana
upward facing dog



urdvamukha svanasana
upward facing dog: toes under variation



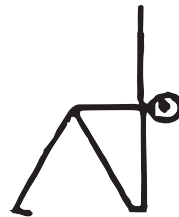
uttanasana
standing forward bend



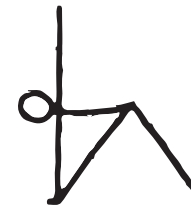
utthita hasta
padangusthasana
extended hand to big toe pose



utthita parsvakonasana
extended side angle pose



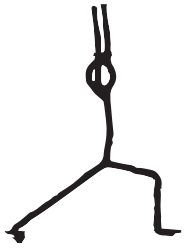
utthita trikonasana
extended triangle pose



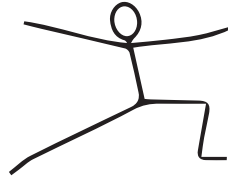
utthita trikonasana
parivrtti
revolved extended triangle pose



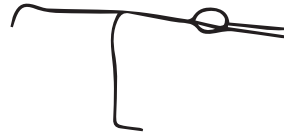
vajrasana
thunderbolt pose



virabhadrasana I
warrior I



virabhadrasana II
warrior II



virabhadrasana III
warrior III



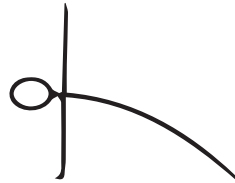
virasana
hero pose



vrksasana
tree pose



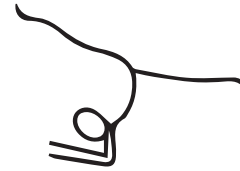
Ustrasana
Camel pose



Vasisthasana
Side plank



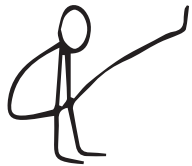
Dandayamana-
Dhanurasana
Standing bow pose



utthita pada sirsasana
Extended Leg Headstand
Pose



vrischikasana
Scorpion pose



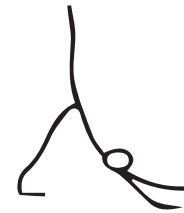
Tittibhasana
Firefly pose



bakasana
Crow pose



sirsasana
head stand



Eka Pada Adho Mukha
Svanasana
Three legged downward
facing dog



swan dive forward fold