





Tadasana



standing back bend



Forward Bend



Half Lift



Chaturanga



Up Dog



Down Dog



Leg High



Low Lunge



Crescent Lunge



straighten front leg



Crescent Lunge



Warrior 2



Chaturanga



Up Dog



Down Dog



lay on back



Bridge



Supta Baddha Konasana



Knees into Chest



Plow



Shoulder Stand



Plow



Knees into Chest



squeeze into ball



Fish



Savasana

