

Asana: Adho Mukha Svanasana ( 1, Downward Dog )



Variation 1



2



3



4

Asana: Anjali Mudra (modified) ( 2, Reverse Namaste in Virasana )



Variation 1

Asana: Anjaneyasana ( 3, Lunge Pose )



Variation 1

Asana: Ankle Opening Asana I ( 4, Ankle Opening Pose I )



Variation 1

Asana: Ankle Opening Asana II ( 5, Ankle Opening Pose II )



Variation 1

Asana: Ardha Chandrasana ( 6, Half Moon Pose )



Variation 1

Asana: Ardha Kurmasana ( 7, Half Tortoise Pose )



Variation 1

Asana: Ardha Uttanasana ( 8, Half Standing Forward Extension )



Variation 1

Asana: Balasana ( 9, Child's Pose )



Variation 1



2

Asana: Balasana with Shoulder Stretch ( 10, Child's Pose with Shoulder Stretch )



Variation 1

Asana: Bharadvajasana ( 11, Seated Side Twist (Bharadvaja's Twist) )



Variation 1



2



3

Asana: Bhujangasana ( 12, Cobra Pose )



Variation 1



2

Asana: Cakravakasana ( 13, Cat and Dog )



Variation 1

Asana: Dandasana ( 14, Staff Pose )



Variation 1



2

Asana: Eka Pada Rajakapotasana (modified) ( 15, Pigeon Pose )



Variation 1



2

Asana: Eka Pada Rajakapotasana (reclining with wall) ( 16, Pigeon Pose (reclining with wall) )

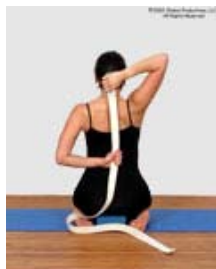


Variation 1

Asana: Gomukhasana ( 17, Cow Face Pose )



Variation 1



2



3

Asana: Halasana ( 18, Plow )



Variation 1

Asana: Hip Warmer Pose ( 19, Hip Warmer Pose )



Variation 1

Asana: Janu Sirsasana A (modified) ( 20, Head to Knee Pose A )



Variation 1



2

Asana: Janu Sirsasana C (modified) ( 21, Head to Knee Pose C )



Variation 1

Asana: Jathara Parivartanasana (modified) ( 22, Revolved Abdomen Pose (modified) )



Variation 1



2

Asana: Malasana (modified) ( 23, Garland Pose (modified) )



Variation 1

Asana: Marichyasana C (modified) ( 24, Dedicated to the Marichi )



Variation 1



2



Asana: Marichyasana D (modified) ( 25, Dedicated to the Marichi )



Variation 1

Asana: Morning Stretch Asana ( 26, Morning Stretch )



Variation 1

Asana: Neck Roll Asana ( 27, Neck Roll )



Variation 1

Asana: Neck Stretch Asana ( 28, Neck Stretch )

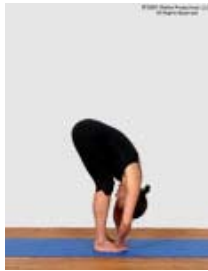


Variation 1

Asana: Padangusthasana ( 29, Finger to Foot Pose )



Variation 1



2

Asana: Padmasana Preparation ( 30, Full Lotus Preparation )



Variation 1

Asana: Parighasana ( 31, Gate Pose )



Variation 1

Asana: Parivritta Trikonasana ( 32, Triangle Pose with Twist )

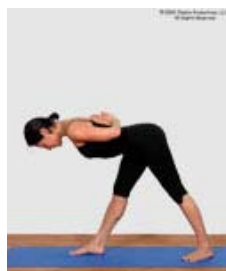


Variation 1

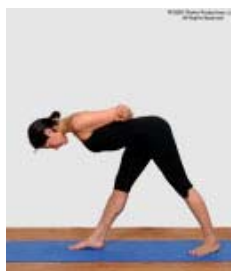
Asana: Parsvottanasana ( 33, Extreme Sideways Stretch )



Variation 1



2



3

Asana: Parvatasana ( 34, Seated Mountain Pose )



Variation 1



2

Asana: Paschimottanasana A ( 35, Back Extension A Pose )



Variation 1



2

Asana: Pashasana (modified) ( 36, Noose Posture (modified) )



Variation 1

Asana: Pavanamuktasana ( 37, Wind Removing Pose )



Variation 1

Asana: Poorna Salabhasana ( 38, Full Locust Pose )



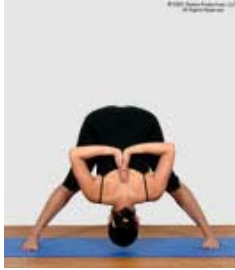
Variation 1

Asana: Prasarita Padottanasana C (modified) ( 39, Feet Spread Intense Stretch (modified) )

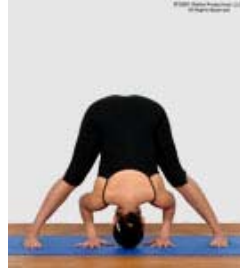


Variation 1

Asana: Prasara Parsvottanasana (modified) ( 40, Forward Bend (modified) )



Variation 1



2

Asana: Purvottanasana (modified) ( 41, Eastern Intense Stretch (modified) )



Variation 1



2



3

Asana: Salabhasana (modified) ( 42, Simple Back Bend, Locust )



Variation 1

Asana: Salamba Balasana ( 43, Supported Child's Pose )



Variation 1



2



3



4

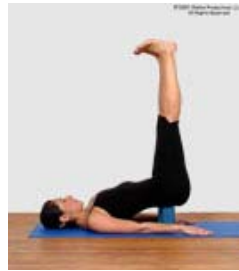
Asana: Salamba Sarvangasana (modified) ( 44, Shoulder Stand (modified) )



Variation 1



2



3

Asana: Samasthiti ( 45, Perfect Standing Pose )



Variation 1

Asana: Sasangasana ( 46, Rabbit Pose )



Variation 1

Asana: Savasana ( 47, Corpse Pose )



Variation 1



2



3

Asana: Setu Bandha Sarvangasana ( 48, Bridge Pose )



Variation 1



2



3



Asana: Setu Bandha Sarvangasana (modified) ( 49, Neck Balance with Back Arch )



Variation 1



2



3



4

Asana: Sukhasana ( 50, Easy Pose )



Variation 1

Asana: Sukhasana (extended) ( 51, Easy Pose (extended) )



Variation 1

Asana: Sukhasana with Shoulder Stretch ( 52, Easy Pose with Shoulder Stretch )



Variation 1



2

Asana: Supta Baddha Konasana ( 53, Reclining Finger To Foot Pose )



Variation 1



2



3



4

Asana: Supta Padangusthasana ( 54, Reclining Finger To Foot Pose )



Variation 1



2

Asana: Supta Virasana ( 55, Reclining Hero Pose )



Variation 1

Asana: Thread the Needle Asana ( 56, Thread the Needle )



Variation 1



2

Asana: Upper Spine Warming Asana ( 57, Upper Spine Warming )



Variation 1

Asana: Urdhva Mukha Svanasana ( 58, Upward Dog )



Variation 1



2

Asana: Ustrasana (modified) ( 59, Camel Pose (modified) )



Variation 1

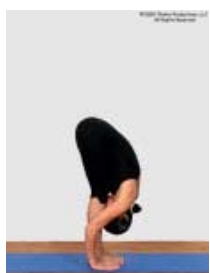


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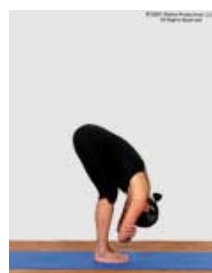


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Asana: Uttanasana ( 60, Forward Extension )



Variation 1



2

Asana: Utthita Parsvakonasana ( 61, Extended Side Angle )



Variation 1

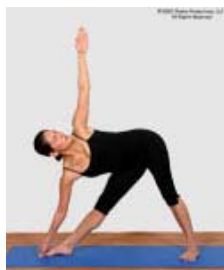


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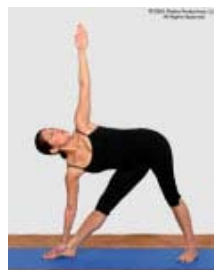
Asana: Utthita Trikonasana ( 62, Extended Triangle Pose )



Variation 1



2



3

Asana: Viparita Karani ( 63, Restful Inversion )



Variation 1



2



3

Asana: Virabhadrasana I ( 64, Warrior I )



Variation 1



2

Asana: Virabhadrasana II ( 65, Warrior II )



Variation 1

Asana: Virasana ( 66, Hero Pose )



Variation 1

Asana: Virasana with Forward Bend ( 67, Hero Pose with Forward Bend )



Variation 1



2

Asana: Virasana with Shoulder Stretch ( 68, Hero Pose with Shoulder Stretch )



Variation 1

Asana: Vrksasana ( 69, Tree Pose )



Variation 1

Asana: Wrist Restoration Asana ( 70, Wrist Restoration )



Variation 1



2