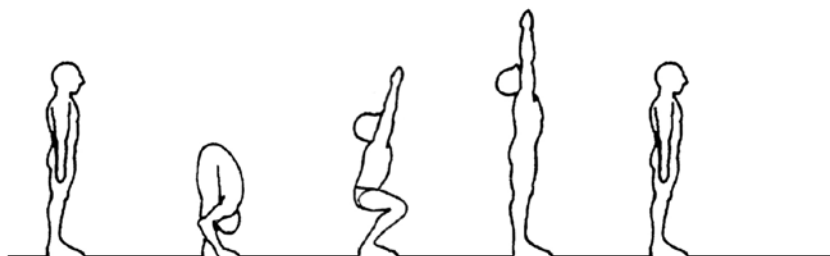


Warm Up Sequence



Standing Postures



Padangusthasana

Padahastasana

Utthita Trikonasana

Parivritta Trikonasana

Utthita Parsvakonasana

Parivritta Parsvakonasana



Prasarita Padattonasana

Parsvottanasana

Virabhadrasana

Sitting Postures



Dundasana



Paschimottanasana



Janusirsasana



Baddha Konasana



Upavista Konasana



Marichyasana

Backbends and Inversions



Halasana



Setubandha Sarvangasana



Salamba Sarvangasana

Relaxation



Viparita Karani



Savasana

Sitting Postures



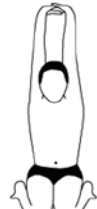
Dundasana



Paschimottasana



Janusirsasana



Virasana



Baddha Konasana



Upavista Konasana



Marichyasana

Backbends and Inversions



Halasana



Setubandha Sarvangasana



Salamba Sarvangasana

Relaxation



Viparita Karani



Savasana