



1. Downward Facing Hero Pose
• Adhomukha Virasana



2. Downward Facing Hero Pose
Hands Blocks • Adho Mukha
Virasana Hasta Blocks



3. Twisted Downward Facing
Hero Pose • Parivrrta Adho
Mukha Virasana



4. Bound Angle Forward Bend •
Baddha Konasana Uttanasana



5. Bound Angle Pose Forward
Bend Side • Parsva Baddha
Konasana Uttanasana



6. Butterfly Pose Variation
Forward Bend Soles Apart •
Baddha Konasana Uttanasana
Soles Apart



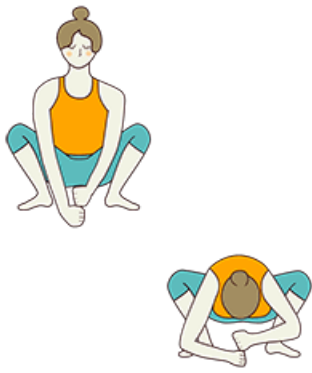
7. Butterfly Pose Variation
Forward Bend Bolster Block •
Baddha Konasana Variation
Uttanasana Bolster Block



8. Firelog Pose Forward Bend
Arms Head Blocks Bolster •
Agnistambhasana Uttanasana
Hasta Sirsa Blocks Bolster



9. Garland Pose Variation •
Malasana Variation



10. Garland Pose Forward Bend
Fist Stacked Floor • Malasana
Uttanasana Mushti Stacked Floor



11. Garland Pose With Block
Under Hips • Malasana With
Block Under Hips



12. Revolved Squat Pose •
Parivrtta Malasana



13. Gate Pose Forward Bend •
Parighasana Uttanasana



14. Spontaneous Flowing Half
Squat • Sahaja Ardha Malasana



15. Gate Pose Kneeling Half
Moon Pose Flow • Parighasana
Kneeling Ardha Chandrasana
Vinyasa



16. Extended Triangle Pose
Block • Utthita Trikonasana Block



17. Triangle Pose With Chair
And Assistance • Utthita
Trikonasana With Chair And
Assistance



18. Extended Triangle Pose
Chest Aerial • Utthita Trikonasana
Chest Aerial



19. Half Moon Pose Knee On Floor Aerial • Ardha Chandrasana Knee On Floor Aerial



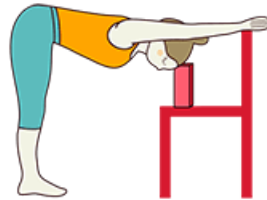
20. Chair Pigeon Pose Variation Forward Bend Head Bolster • Chair Kapotasana Variation Uttanasana Sirsa Bolster



21. Standing Forward Fold Pose Head Block • Uttanasana Sirsa Block



22. Standing Forward Fold Pose Head Blocks • Uttanasana Sirsa Blocks



23. Downward Facing Dog Pose Variation Head On Block Chair • Adho Mukha Svanasana Variation Sirsa On Block Chair



24. Cat Cow Pose Knees Lifted • Bitilasana Marjaryasana Janu Lifted



25. Seated Forward Bend Pose With Bolster And Blanket • Paschimottanasana With Bolster And Blanket



26. Seated Forward Bend Pose Variation Blanket Hips Head Bolsters • Paschimottanasana Variation Blanket Hips Sirsa Bolsters



27. Head On Knee Pose Blankets Bolster • Janu Sirsasana Blankets Bolster



28. **Half Bound Lotus Pose Forward Fold Variation** • Ardha Badda Padma Paschimottanasana Variation



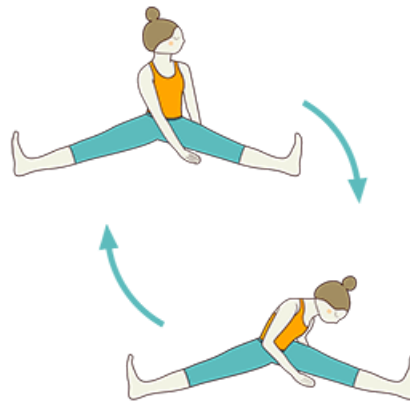
29. **Head On Knee Pose Flow** • Janu Sirsasana Vinyasa



30. **Head to Knee Pose** • Janu Sirsasana



31. **Revolved Head To Knee Pose Variation Foot On Floor** • Parivrtta Janu Sirsasana Variation Pada Floor



32. **Seated Straddle Pose Side Head To Knee Flow** • Upavistha Konasana Parsva Janu Sirsasana Vinyasa



33. **Cow Face Pose** • Gomukhasana



34. **Reclined Half Cow Face Pose** • Supta Ardha Gomukhasana



35. **Half Cow Face Pose Variation Forward Bend** • Ardha Gomukhasana Variation Forward Bend



36. **Cow Face Pose Variation Hand On Head Neck Side Stretch** • Gomukhasana Variation Hand On Head Neck Side Stretch



37. Cow Face Pose Variation
Hands On Head Neck Bent
Forward • Gomukhasana
Variation Hands On Head Neck
Bent Forward



38. Reclined Cow Face Pose •
Supta Gomukhasana



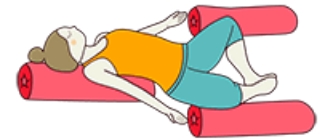
39. Reclined Hand To Big Toe
Pose Variation Strap • Supta
Padangusthasana Variation Strap



40. Supine Spinal Twist Pose I
Variation • Supta Matsyendrasana
I Variation



41. Supine Spinal Twist Eagle
Legs Pose • Supta
Matsyendrasana Garuda Legs
Asana



42. Reclined Butterfly Pose
Head Knees Bolsters • Supta
Baddha Konasana Sirsa Janu
Bolsters



43. Reclined Hero Pose With
Blankets • Supta Virasana With
Blankets



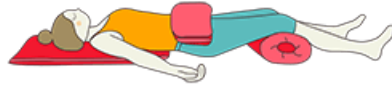
44. Reclining Hero Pose Arms
Back Bolsters • Supta Virasana
Hasta Back Bolsters



45. Corpse Pose Variation
Bolster • Savasana Variation
Bolster



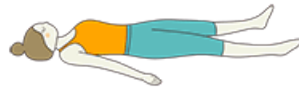
46. **Constructive Rest Pose Variation Knees Together Feet Apart** • Savasana Variation Bent Legs Knees Together Feet Apart



47. **Corpse Pose Blankets Bolster** • Savasana Blankets Bolster



48. **Corpse Pose Variation Chair** • Savasana Variation Chair



49. **Corpse Pose** • Savasana