





















Downward Facing Dog		Forward Fold	
Child's Pose		Sphinx Pose	
Low Lunge		Warrior I	
Half Splits		Warrior II	
Pyramid Pose		Triangle	

Upward Facing Dog		Locust Pose	
Side Plank		Bridge Pose	
Side Angle Pose		Thread the Needle	
Dancer Pose		Half Pigeon	
Half Frog		Prone Shoulder	

Spinal Twist



Corpse Pose

