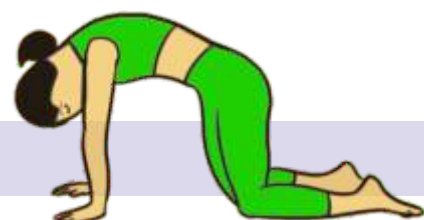


**Yoga is the journey of the self,
through the self, to the self.**

Warm-up



Cat
Marjariasana



Cow
Bitilasana



Melting Heart
Anahatasana



Child's Pose
Balasana



Standing Forward Bend
Uttanasana

Stretching



Pyramid
Parsvottanasana



Downward Facing Dog
Adho Mukha
Vanasana



Garland
Malasana



Seated Forward Bend
Paschimottanasana



Bound Angle
Baddha Konasana

Head to Knee
Forward Bend
Janu Sirsasana



Half Lord of
the Fishes
Ardha
Matsyendrasana



Hero
Virasana



Wide-Angle Seated
Forward Bend
Upavistha Konasana

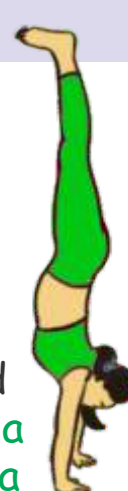
Balance



Tree
Vrikshasana



Lord of
the Dance
Natarajasana



Handstand
Adho Mukha
Vrikshasana



Eagle
Garudasana

Standing Split
Urdhva Prasarita
Eka Padasana



Half Moon
Ardha Chandrasana



Warrior III
Virabhadrasana III



Crow
Kakasana



Extended Hand-
to-Big-Toe
Utthita Hasta
Padangusthasana



Dancing Shiva
Porivrtta Utthira
Hasta Padangusthasana

Strength

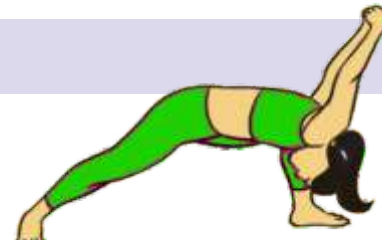
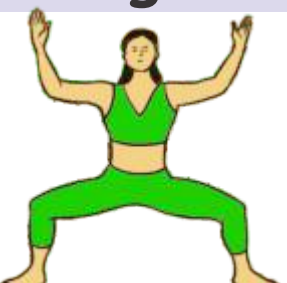


Warrior I
Virabhadrasana I

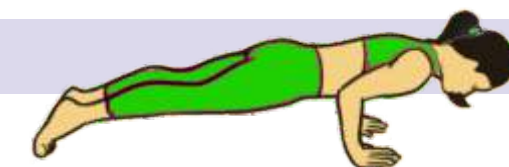
Warrior II
Virabhadrasana II



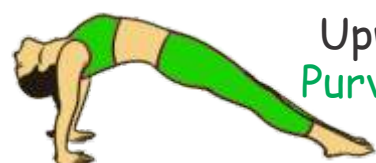
Goddess
Utkata Konasana



Humble Warrior
Baddha Virabhadrasana



Four-Limbed Staff
Chaturanga Dandasana



Upward Plank
Purvottanasana



Chair
Utkatasana



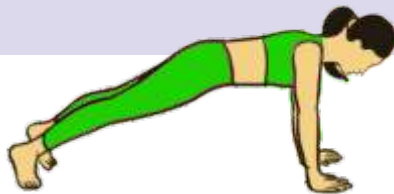
Dolphin
Ardha Pincha
Mayurasana

Triangle
Trikonasana



High Lunge
Utthita Ashwa
Sanchalanasana

Core



Plank
Kumbhakasana



Side Plank
Vasisthasana



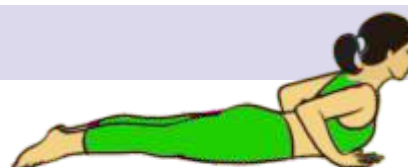
Boat
Navasana

One-Legged
Downward Dog
Eka Pada Adho
Mukha Svanasana



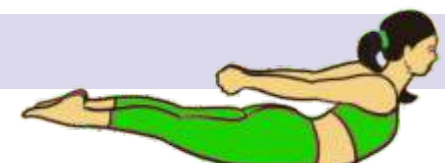
Scale
Tulasana

Backbending



Cobra
Bhujangasana

Upward Facing Dog
Urdhva Mukha
Shvanasana



Locust
Sholobhasana



Bow
Dhanurasana



Camel
Ustrasana



Reclining Hero
Supta Virasana



One-Legged King Pigeon
Eka Pada Rajakapotasana



Upward Bow
Urdhva
Dhanurasana

Restorative / Warm Down

Legs Up the Wall
Viparita Karani



Shoulder Stand
Sarvangasana

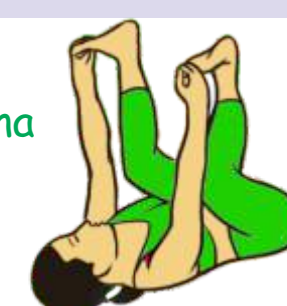


Plough
Halasana

Easy
Sukhasana



Happy Baby
Ananda Balasana



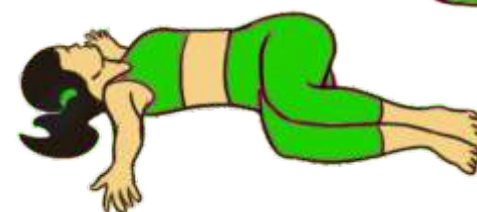
Reclining Bound Angle
Supta Baddha Konasana



Reclining Hand
to Big Toe
Supta Padangusthasana



Supine Spinal Twist
Supta Matsyendrasana



Half Pigeon
Ardha Kapotasana



Corpse
Shavasana

