

Asana: Adho Mukha Svanasana (1, Downward Facing Dog)



Variation 1



2



3



4



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6



7

Asana: Anantasana (modified) (2, Leg Raise (modified))



Variation 1

Asana: Anjaneyasana (3, Lunge Pose)



Variation 1



2



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5

Asana: Ardha Baddha Padmottanasana (4, Half Bound Lotus Intense Stretch Pose)



Variation 1

Asana: Ardha Chandrasana (5, Half Moon Pose)



Variation 1

Asana: Ardha Dhanurasana (6, Half Bow Pose)



Variation 1

Asana: Ardha Matsyendrasana (chair supported) (7, Half Lord of the Fishes Pose (chair supported))



Variation 1

Asana: Ardha Padmasana on a Blanket (8, Ankle to Knee Pose on a Blanket)



Variation 1

Asana: Ardha Samakonasana (9, Half Spider)



Variation 1

Asana: Ardha Uttanasana (chair supported) (10, Half Forward Fold (chair supported))



Variation 1



2

Asana: Ardha Uttanasana (wall supported) (11, Half Forward Bend (wall supported))



Variation 1



2

Asana: Baddha Konasana (12, Cobbler's Pose)



Variation 1

Asana: Baddha Konasana Flow (13, Cobbler Flow)



Variation 1



2



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5

Asana: Balasana (14, Child's Pose)



Variation 1



2



3

Asana: Balasana - Virasana Vinyasa (15, Child's - Hero's Pose with Flow)



Variation 1



2



3

Asana: Balasana to Bhujangasana Vinyasa (16, Child's Pose to Cobra Flow)



Variation 1



2



3

Asana: Bharadvajasana Modified with Flow (17, Seated Side Twist with Flow)



Variation 1



2

Asana: Bhujangasana (18, Cobra Pose)



Variation 1

Asana: Bidhalasana (19, Cat & Dog Pose)



Variation 1



2

Asana: Bidhalasana with Leg Extension (20, Cat & Dog with Leg Extension)



Variation 1

Asana: Chest Opener (21, Chest Opener)



Variation 1

Asana: Dandasana (22, Staff Pose)



Variation 1

Asana: Eka Pada Rajakapotasana (23, Pigeon Pose)



Variation 1



2

Asana: Eka Pada Rajakapotasana (Supine) (24, Pigeon Pose (Supine))



Variation 1



2

Asana: Garudasana (25, Eagle Pose)



Variation 1



2

Asana: Gomukhasana (26, Cow Face Pose)



Variation 1

Asana: Hamstring Stretch (27, Hamstring Stretch)



Variation 1



2

Asana: Hip Opener Flow (28, Hip Opener Flow)



Variation 1

Asana: Janu Sirsasana A (modified) (29, Head to Knee Pose A)



Variation 1



2

Asana: Malasana (modified) (30, Garland Pose (modified))



Variation 1



2

Asana: Malasana (seated) (31, Garland Pose (seated))



Variation 1

Asana: Malasana Preparation (32, Squat against Wall Pose)



Variation 1



2

Asana: Malasana with Side Stretch (33, Garland Pose with Side Stretch)



Variation 1



2

Asana: Marichyasana C (modified) (34, Dedicated to the Marichi)



Variation 1



2

Asana: Matsyasana (modified legs extended) (35, Fish Pose (modified legs extended))



Variation 1

Asana: Matsyasana (modified with partner in Easy Pose) (36, Fish Pose (modified with partner in Easy Pose))



Variation 1

Asana: Matsyasana (modified with partner in Hero Pose) (37, Fish Pose (modified with partner in Hero Pose))



Variation 1

Asana: Natarajasana (38, Dancer's Pose)



Variation 1



2



3

Asana: Natarajasana Preparation (supported) (39, Front Thigh Stretch)



Variation 1

Asana: Parivrtta Janu Sirsasana (40, Revolved Head to Knee Pose)



Variation 1

Asana: Parivrtta Siddhasana (41, Revolved Seated Pose)



Variation 1



2

Asana: Parivrtta Tadasana (42, Revolved Mountain Pose)



Variation 1

Asana: Parsvottanasana (43, Sideways Extension Pose)



Variation 1



2

Asana: Parsvottanasana (chair variation) (44, Pyramid (chair Variation))



Variation 1

Asana: Parvatasana (45, Seated Mountain Pose)



Variation 1

Asana: Paschimottasana (46, Back Extension Pose)



Variation 1



2

Asana: Prasrita Padottanasana (modified) (47, Spread Leg Intense Stretch (modified))



Variation 1



2



3



4



5



6

Asana: Purvottanasana with Chair (48, Forward Extension with Chair)



Variation 1

Asana: Rishi Twist I with Partner (49, Easy Twist with Partner)



Variation 1

Asana: Rishi Twist II with Partner (50, Easy Twist II with Partner)



Variation 1

Asana: Salamba Sarvangasana (modified) (51, Shoulder Stand (modified))



Variation 1



2

Asana: Samakonasana (52, Sitting Wide Angle)



Variation 1



2

Asana: Savasana (53, Corpse Pose)



Variation 1



2



3



4



5



6

Asana: Setu Bandha Sarvangasana (54, Bridge Pose)



Variation 1



2



3

Asana: Shoulder Stretch (Seated) (55, Shoulder Stretch (Seated))



Variation 1

Asana: Shoulder Stretch (Standing) (56, Shoulder Stretch (Standing))



Variation 1



2

Asana: Spinal Wave (57, Spinal Wave)



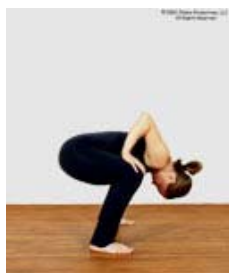
Variation 1

Asana: Spinal Wave with Chair Support (58, Spinal Wave with Chair Support)



Variation 1

Asana: Standing Torso Wave (59, Standing Torso Wave)



Variation 1

Asana: Sukhasana Extended with Circular Flow (60, Easy Circular Cobbler)



Variation 1



2

Asana: Sukhasana Flow (61, Easy Pose Flow)



Variation 1

Asana: Sukhasana on a Chair (62, Ankle to Knee Pose on a Chair)



Variation 1



2

Asana: Sukhasana with Arm Flow (63, Easy Pose with Arm Flow)



Variation 1



2

Asana: Sukhasana with Mudras (64, Easy Pose with Mudras)



Variation 1



2



3



4



5

Asana: Supta Padangusthasana (65, Reclining Finger to Foot Pose)



Variation 1



2

Asana: Supta Virasana (66, Reclining Hero Pose)



Variation 1



2



3

Asana: Surya Namaskara A (67, Sun Salute A)



Variation 1



2

Asana: Tadasana (68, Perfect Standing Pose)



Variation 1



2

Asana: Thread the Needle (69, Thread the Needle)



Variation 1



2

Asana: Trianga Mukhaikapada Paschimottanasana (70, Three Limbs Forward Bend Intense Stretch Pose)



Variation 1



2



3

Asana: Trianga Mukhaikapada Paschimottanasana (elevated) (71, Three Limbs Forward Bend (elevated))



Variation 1

Asana: Upavishta Konasana (72, Seated Angle Pose)



Variation 1



2



3



4



5

Asana: Upavishta Konasana (with a twist) (74, Open Angle Pose (with a twist))



Variation 1

Asana: Upavishta Konasana (with arm extension) (73, Open Angle Pose (with arm extension))



Variation 1



2



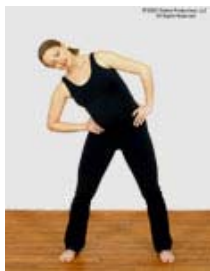
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Asana: Upavistha Konasana Flow (75, Wide Spread Angle Flow)



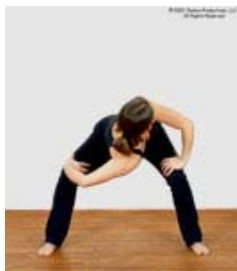
Variation 1

Asana: Upper Spine Warming (76, Upper Spine Warming)



Variation 1

Asana: Upper Spine Warming II (77, Horizontal Spinal Twist)



Variation 1

Asana: Urdhva Hastasana (78, Standing Upward Salute)

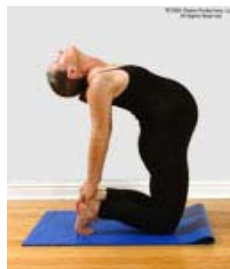


Variation 1

Asana: Ustrasana (79, Camel Pose)

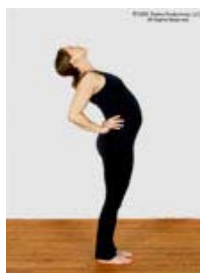


Variation 1



2

Asana: Ustrasana Standing (80, Standing Supported Arch)



Variation 1

Asana: Ustrasana with Flow (81, Camel Pose with Flow)



Variation 1



2

Asana: Utkatasana (double) (82, Double Squat)



Variation 1

Asana: Utkatasana (partner assisted) (83, Assisted Squat)



Variation 1



2

Asana: Utkatasana (supported) (84, Chair Pose (supported))



Variation 1



2

Asana: Utthita Hasta Padangusthasana Flow (85, Standing Hip Rotation Flow)



Variation 1

Asana: Utthita Hasta Padangusthasana Sequence (86, Extended Hand to Toe Sequence)



Variation 1



2



3

Asana: Utthita Parsvakonasana (87, Extended Side Angle Pose)



Variation 1



2

Asana: Utthita Parsvakonasana & Virabhadrasana II (88, Extended Side Stretch & Warrior II Flow)

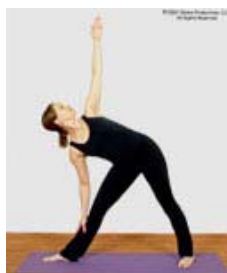


Variation 1



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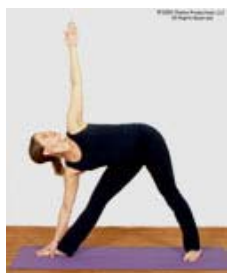
Asana: Utthita Trikonasana (89, Extended Triangle Pose)



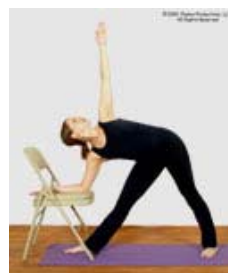
Variation 1



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3



4

Asana: Vessel Rotation (90, Vessel Rotation (hip))



Variation 1

Asana: Viparita Karani (91, Restful Inversion)



Variation 1

Asana: Virabhadrasana I (92, Warrior I)



Variation 1

Asana: Virabhadrasana II (93, Warrior II)



Variation 1



2

Asana: Virabhadrasana III (chair support) (94, Warrior III (chair support))



Variation 1

Asana: Virabhadrasana III from Virabhadrasana I (95, Warrior III from Warrior I)



Variation 1



2

Asana: Virasana with Flow (96, Hero Pose with Flow)



Variation 1



2

Asana: Virasana with Mudras (97, Hero Pose with Mudras)



Variation 1



2



3

Asana: Vrksasana (98, Tree Pose)



Variation 1



2