

Back to Basics



1. Easy Pose Block
Sukhasana Block



2. Square Breathing Sama
Vritti



3. Seated Shoulder Rolls



4. Seated Ear To Shoulder
Pose Sukhasana Ear To
Shoulder



5. Seated Cat Cow Pose
Upavistha Bitilasana
Marjaryasana



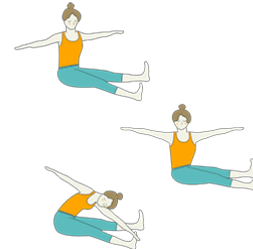
6. Easy Pose Variation Side
Bend Sukhasana Variation
Side Bend



7. Seated Windshield Wiper
Pose



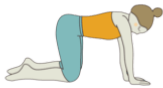
8. Seated Forward Bend Pose
Strap Paschimottanasana
Strap



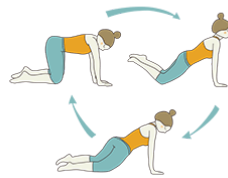
9. Revolved Seated Straddle
Pose Variation Forward Bend
Flow Parivrtta Upavistha
Konasana Variation Forward
Bend Vinyasa



10. Half Lord Of The Fishes
Pose Variation Hand Up Leg
Ardha Matsyendrasana
Variation Hand Up Leg



11. Table Top Pose
Bharmanasana



12. Table Top Hip Circles
Bharmanasana Hip Circles



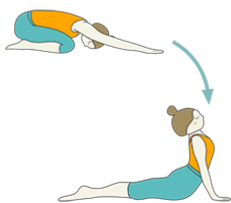
13. Cat Cow Pose Variation
Wide Legged Bitilasana
Marjaryasana Variation Wide
Legged



14. Urdhva Mukha Pasasana
Variation Raised Hand
Urdhva Mukha Pasasana
Variation Raised Hand



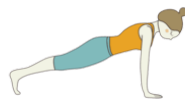
15. Child Pose



16. Striking Cobra Pose
Shashank Bhujangasana



17. Downward Facing Dog
Pose



18. Plank Pose



19. Side Plank Pose
Vasisthasana



20. Warrior Pose II
Virabhadrasana II



21. Reverse Warrior Pose
Viparita Virabhadrasana



22. Warrior Pose II
Virabhadrasana II



23. Extended Side Angle Pose
Variation Elbow Arm Utthita
Parsvakonasana Variation
Elbow Arm



24. Humble Warrior Pose
Baddha Virabhadrasana



25. Crescent High Lunge
Pose Variation Back Knee
Bent Ashta Chandrasana
Variation Back Knee Bent



26. Warrior Pose III
Virabhadrasana III



27. Forward Fold Flow
Uttanasana Vinyasa



28. Dangling Pose Baddha
Hasta Uttanasana



29. Goddess Pose



30. Wide Legged Forward
Fold Pose Downward Facing
Dog Pose Arms Prasarita
Padottanasana Adho Mukha
Svanasana Hasta



31. Wide Legged Forward
Bend Pose Variation Both
Hands On One Ankle
Prasarita Padottanasana Both
Hands On One Ankle



32. Revolved Wide Legged
Forward Bend Pose
Parivrtta Prasarita
Padottanasana



33. Reclining Backbend Over
Bolster Knees Bent Supta
Anuvittasana Over Bolster
Knees Bent Bent



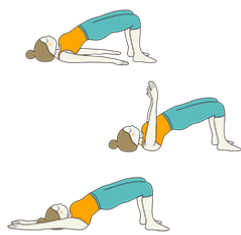
34. Tree Pose Vrksasana



35. Standing Wind Release
Pose Arms Raised
Tadasana Pavanuktasana
Arms Raised



36. Airplane Pose Dekasana



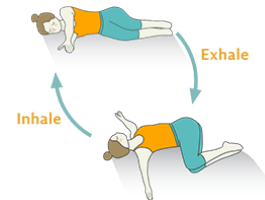
37. Bridge Pose Variation
Arms Flow Setubandha
Sarvangasana Variation
Hasta Vinyasa



38. Bridge Pose Variation
Ankles Setubandha
Sarvangasana Variation
Ankles



39. Reclined Knee Circles



40. Side Reclined Shoulder
Stretch A Supine Spinal Twist
Pose li Flow



41. Supine Spinal Twist Pose
|| Supta Matsyendrasana ||



42. Banana Pose



43. Happy Baby Pose
Ananda Balasana

Pranayama

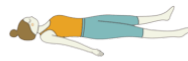
44. Pranayama



45. Skull Shining Breathing
Technique Kapalabhati
Pranayama

Savasana

46. Savasana Section



47. Corpse Pose Savasana