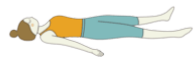


Heart Openers and Back Bends



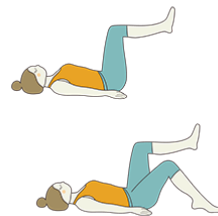
1. Corpse Pose Savasana



2. Reclining Bound Angle Pose Supta Baddha Konasana



3. Half Wind Release Pose Ardha Pawanuktasana



4. Supine Toe Taps Flow

5. Hollow Body



6. Side Reclined Shoulder Stretch Pose A Arm Leg Flow

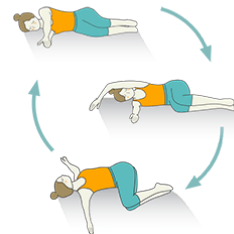


7. Side Reclined Shoulder Stretch A Variation



10. Wind Release Pose Pawanuktasana

8. Somatic work. Lateral leg raises along with the arm raises. The crocodile palm to palm work will be revisited in Triconasana.



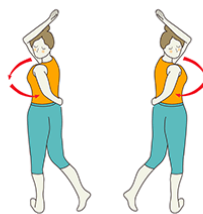
9. Side Reclined Shoulder Stretch A Variation Arms Flow



11. Reclined Big Toe Pose A Supta Padangusthasana A



12. Bridge Pose



13. Waist Rotating Pose Variation B Katichakrasana Variation B



14. Standing Spinal Twist Pose II



15. Standing Side Bend Pose



16. One Legged Five Pointed Star Pose Side Bend Eka Pada Utthita Parsva Tadasana



17. Standing Backbend Pose Anuvittasana



18. Shoulder Stretch Hands Behind Back Interlaced Fingers



19. Half Forward Fold Hands On Back Ardha Uttanasana



20. Wide Legged Standing Yoga Seal Pose Prasarita Dwikonasana



21. Revolved Standing Forward Fold Pose Variation
Knee Bent Parivrtta
Uttanasana Variation Knee



22. Sun Salutation A Surya
Namaskar A



23. Revolved Low Lunge Pose
Knee On The Floor Parivrtta
Anjaneyasana Knee On The
Floor



24. Low Lunge Pose Hands
On Lower Back
Anjaneyasana Hands On
Lower Back



25. Low Lunge Pose Side
Bend Parsva Anjaneyasana

Bent
26. left leg bent forward.
Left arm going down towards
left foot.
stroke right hand across left
shoulder. Look back towards
foot

27. Cactus arms
left leg forward with knee
bent.
Rotate right elbow down to
left knee.



28. Dancer Pose
Natarajasana

Triangle Prep

29. Triangle Prep Section



30. Triangle Pose
Trikonasana



31. Gate Pose Prep
Parighasana Prep



32. Gate Pose Parighasana

33. Bend arms over in the
opposite direction still in gate

34. Choose
camel, sphinx, cobra or bow.
Cobra taught in stages



35. Camel Pose Ustrasana



36. Sphinx Pose Salamba
Bhujangasana



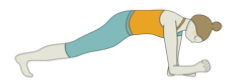
37. Cobra Pose



38. Upward Facing Dog Pose
Urdhva Mukha Svanasana



39. Bow Pose Dhanurasana



40. Lizard Pose Utthan
Pristhasana



41. Lizard Pose Airplane
 Arms Under Knee Utthan
 Pristhasana Hasta Vimana
 Under Knee



42. Boat Pose Navasana



43. Half Shoulderstand Pose
 Viparita Karani Variation



44. Unsupported Shoulder
 Stand Pose



45. Plough Pose



46. Fish Pose



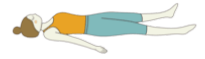
47. Seated Side Straddle
 Pose Parsva Upavistha
 Konasana Variation



48. Supine Windshield Wiper
 Pose Variation Supta
 Sucirandhrasana Variation



49. Banana Pose Variation
 Bananasana Variation



50. Corpse Pose Savasana