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Mountain (Tadasana)	Upward Bound Finders (Urdhva Baddhanguliyasana)	Crescent Moon (Ardha Chandrasana)	Crescent Moon (Ardha Chandrasana)	Big Toe (Padangusthasana)	Standing Half Forward Bend (Ardha Uttanasana)	Low Lunge (Anjaneyasana)
						
Kneeling Quad Stretch (Eka Pada Rajakapotasana II)	Plank (Phalahakasana)	Low Lunge (Anjaneyasana)	Kneeling Quad Stretch (Eka Pada Rajakapotasana II)	Plank (Phalahakasana)	Half Locust (Ardha Shalabhasaa)	Locust (Salabhasana)
						
Two Handed Cobra (Dwi Hasta Bhujangasana)	Table Top (Catuspadapitham)	Cat (Marjari)	Cow (Bitilasana)	Extended Child's Pose (Mudhasana)	Downward- Facing Dog (Adho Mukha Svanasana)	Downward Dog Split (Eka Pada Adho Mukha Svanasana)
						
Pigeon (Eka Pada Rajakapotasana)	Downward- Facing Dog (Adho Mukha Svanasana)	Downward Dog Split (Eka Pada Adho Mukha Svanasana)	Pigeon (Eka Pada Rajakapotasana)	Downward- Facing Dog (Adho Mukha Svanasana)	Extended Triangle (Utthita Trikonasana)	Wide Legged Forward Bend Halfway (Prasarita Padottanasana)
						
Extended Triangle (Utthita Trikonasana)	Downward- Facing Dog (Adho Mukha Svanasana)	Reclining Hero (Supta Virasana)	Reclining Spinal twist (Supta Matseyandrasana)	Reclining Spinal twist (Supta Matseyandrasana)	Knees to Chest (Apanasana)	Bridge (Setu Bandha Sarvangasana)
						
Knees to Chest (Apanasana)	Reclining Bound Angle (Supta Baddha Konasana)	Knees to Chest (Apanasana)	Corpse (Savasana)			