



Prayer Mountain Pose



Upward Salute Pose



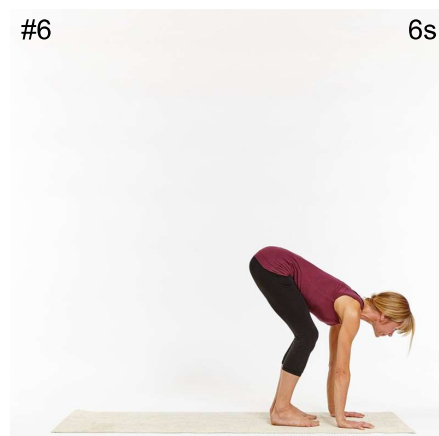
Standing Side Bend Pose



Standing Side Bend Pose



Soft Knees Forward Bend Pose



Jump Preparation



Warrior 1 Pose



Warrior 2 Pose



Proud Warrior



#10

11s

Warrior 2 Pose



#11

14s

Warrior 1 Pose



#12

21s

Mountain Pose



#13

13s

Upward Salute Pose



#14

20s

Soft Knees Forward Bend Pose



#15

6s

Jump Preparation



#16

14s

Warrior 1 Pose



#17

11s

Warrior 2 Pose



#18

20s

Proud Warrior



#19

11s

Warrior 2 Pose



#20

21s

Mountain Pose



#21

14s

Soft Knees Forward Bend Pose



#22

6s

Jump Preparation



#23

23s

Extended Side Angle Pose



#24

10s

Extended Triangle Pose



#25

14s

Soft Knees Forward Bend Pose



#26

23s

Extended Side Angle Pose



#27

5s

Extended Triangle Pose



#28

14s

Soft Knees Forward Bend Pose



#29

13s

Upward Salute Pose



#30

5s

Awkward Chair Pose



#31

5s

Revolved Awkward Chair Pose



#32

5s

Awkward Chair Pose



#33

13s

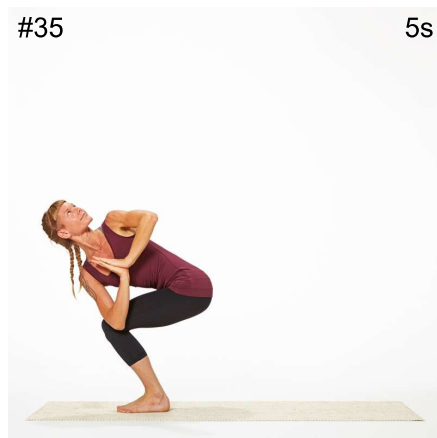
Upward Salute Pose



#34

5s

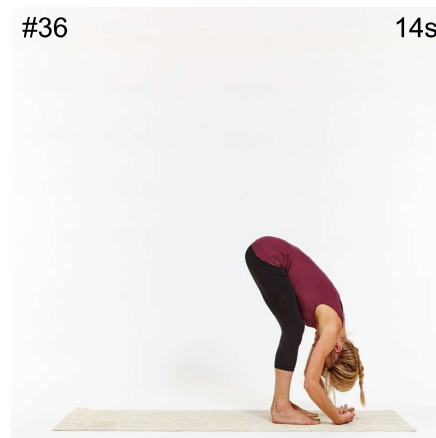
Awkward Chair Pose



#35

5s

Revolved Awkward Chair Pose



#36

14s

Soft Knees Forward Bend Pose



Standing Split Pose



Soft Knees Forward Bend Pose



Standing Split Pose



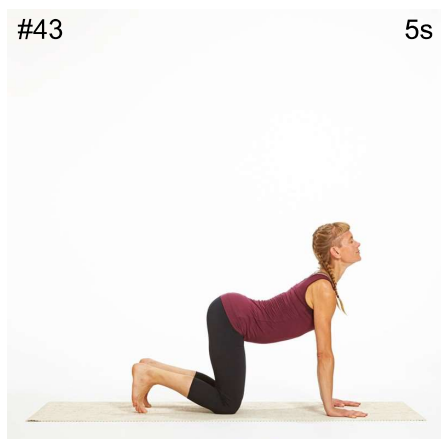
Soft Knees Forward Bend Pose



Table Top Pose



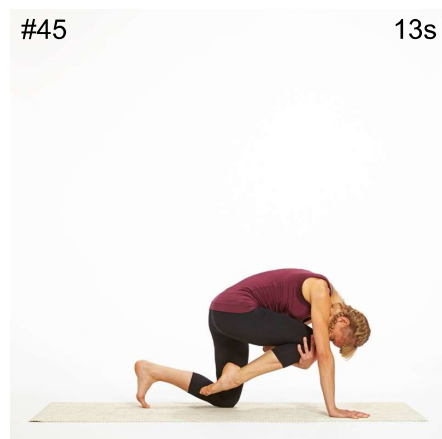
Cat Pose



Cow Pose



Table Top Pose



Tiger Pose Variation

#46

6s



Tiger Pose

#47

8s



Table Top Pose

#48

12s



Tiger Pose Variation

#49

5s



Tiger Pose

#50

8s



Table Top Pose

#51

4s



Soft Knees Forward Bend Pose

#52

15s



Mountain Pose

#53

25s



Tree Pose with hands in Anjali Mudra

#54

15s



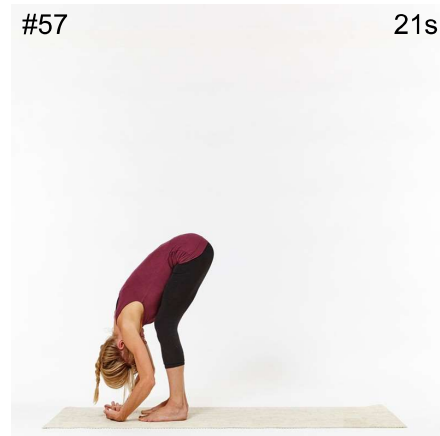
Mountain Pose



Tree Pose with hands in Anjali Mudra



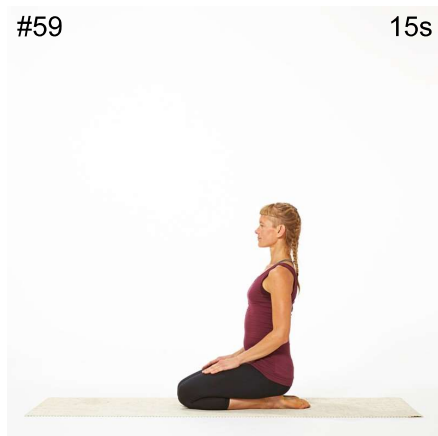
Mountain Pose



Soft Knees Forward Bend Pose



Table Top Pose



Hero Pose



Supported Camel Pose



Table Top Pose



Half Forward Bend Pose



Standing Forward Bend Pose





Mountain Pose



Upward Salute Pose



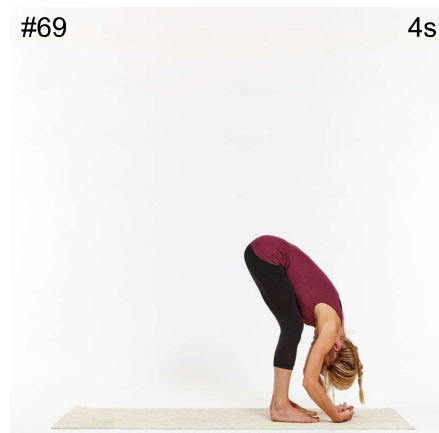
Standing Forward Bend Pose



Soft Knees Forward Bend Pose



Low lunge Pose



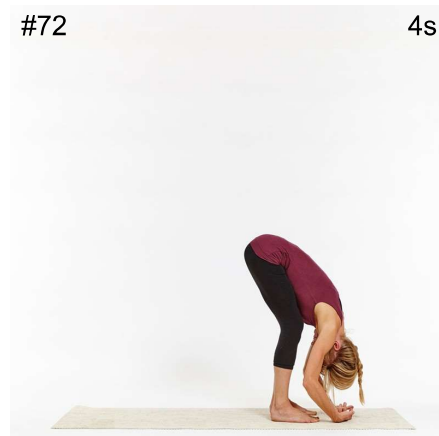
Soft Knees Forward Bend Pose



Upward Salute Pose



Standing Forward Bend Pose



Soft Knees Forward Bend Pose



#73

5s



Low lunge Pose

#74

4s



Soft Knees Forward Bend Pose

#75

5s



Standing Forward Bend Pose

#76

4s



Upward Salute Pose

#77

4s



Soft Knees Forward Bend Pose

#78

9s



Warrior 1 Pose

#79

4s



Soft Knees Forward Bend Pose

#80

9s



Warrior 1 Pose

#81

4s



Soft Knees Forward Bend Pose

#82

5s



Standing Forward Bend Pose

#83

4s



Upward Salute Pose

#84

5s



Prayer Mountain Pose