

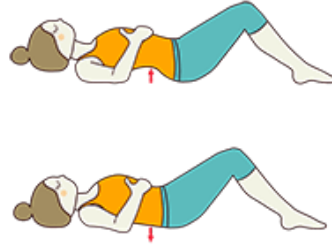


Sample

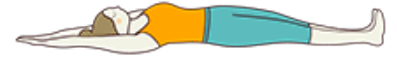
Christopher Stookes



1. Easy Pose • Sukhasana



2. Supine Pelvic Tilt Tuck



3. Full Body Stretch Pose • Supta
Utthita Tadasana



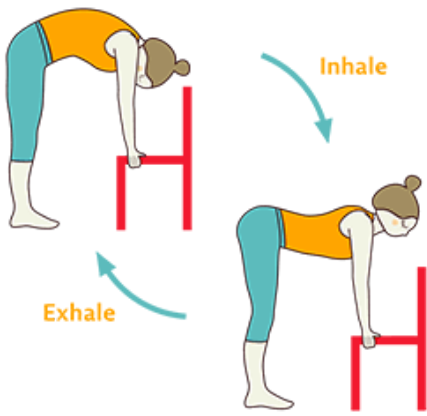
4. Wind Release Pose •
Pawanmuktasana



5. Half Wind Release Pose •
Ardha Pawan Muktasana



6. Supine Spinal Twist Yoga
Pose I • Supta Matsyendrasana I



7. **Standing Cat Cow Pose** • Sthita Bitilasana
Hands Chair • Marjaryasana Hasta Chair



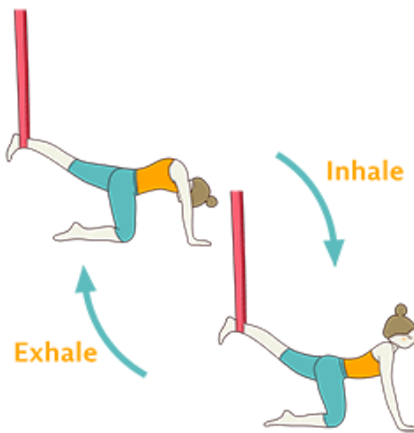
8. **Cat Cow Pose** • Bitilasana
 Marjaryasana



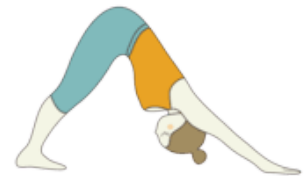
9. **Cat Cow Child Pose Flow** • Bitilasana Marjaryasana Balasana
 Vinyasa



10. **Cat Pose Variation Waist Side Bending** • Marjaryasana
 Variation Waist Side Bending



11. **Cat Cow Pose One Leg Aerial** • Bitilasana Marjaryasana
 One Leg Aerial



12. **Downward Facing Dog Pose** • Adho Mukha Svanasana



13. **Mountain Pose** • Tadasana



14. **Sun Salutation A** • Surya
 Namaskar A



15. **Warrior Pose II** • Virabhadrasana II



16. **High Lunge Pose** • Ashta Chandrasana



17. **Low Lunge Pose** • Anjaneyasana



18. **Chair Pose** • Utkatasana



19. **Triangle Pose Hand In Front** • Trikonasana Hand In Front



20. **Tree Pose** • Vrksasana



21. **Staff Pose** • Dandasana



22. **Seated Forward Bend Pose** •
Paschimottanasana



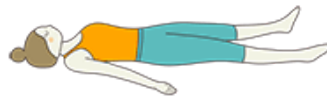
23. **Bridge Pose** • Setubandha
Sarvangasana



24. **Bound Angle Pose** • Baddha
Konasana



25. **Seated Butterfly Pose** •
Upavistha Titli Asana



26. **Corpse Pose** • Savasana



27. **Easy Pose** • Sukhasana

