
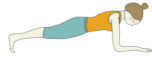


























 <p>1. Plank Pose Phalakasana</p>	 <p>2. Four Limbed Staff Pose Chaturanga Dandasana</p>	 <p>3. Forearm Plank Pose Phalakasana II</p>	 <p>4. Chair Pose</p>	 <p>5. Toe Balance Prapadasana</p>	<p>a</p> <p>6. A Section</p>
 <p>7. Downward Facing Dog Pose Adho Mukha Svanasana</p>	 <p>8. Three Legged Downward Facing Dog Pose Tri Pada Adho Mukha Svanasana</p>	 <p>9. Downward Facing Dog Pose Knee To Nose Adho Mukha Svanasana Knee To Nose</p>	 <p>10. Side Plank Variation Raised Leg Vasisthasana Variation Raised Leg</p>	 <p>11. Wild Thing Pose Camatkarasana</p>	 <p>12. Low Lunge Pose</p>
 <p>13. High Lunge Pose Ashta Chandrasana</p>	 <p>14. High Lunge Pose Variation Arms Extended Forward Ashta Chandrasana Variation Uttana Hasta</p>	<p>Optional Vinyasa</p> <p>15. Optional Vinyasa Section</p>	<p>O.S.</p> <p>16. Repeat Other Side</p>	<p>b</p> <p>17. B Section</p>	 <p>18. Downward Facing Dog Pose Adho Mukha Svanasana</p>
 <p>19. Three Legged Downward Facing Dog Pose Tri Pada Adho Mukha Svanasana</p>	 <p>20. Downward Facing Dog Pose Knee To Nose Adho Mukha Svanasana Knee To Nose</p>	 <p>21. Side Plank Variation Raised Leg Vasisthasana Variation Raised Leg</p>	 <p>22. Wild Thing Pose Camatkarasana</p>	 <p>23. Low Lunge Pose</p>	 <p>24. High Lunge Pose Ashta Chandrasana</p>
 <p>25. High Lunge Pose Variation Arms Behind Ashta Chandrasana Variation Hasta Behind</p>	 <p>26. Warrior Pose III Virabhadrasana III</p>	 <p>27. Warrior Iii Squat Pose Virabhadrasana Iii Squat</p>	 <p>28. Handstand Hop Warrior I Pose Flow Adho Mukha Vrksasana Hop Virabhadrasana I Vinyasa</p>	<p>Optional Vinyasa</p> <p>29. Optional Vinyasa Section</p>	<p>O.S.</p> <p>30. Repeat Other Side</p>
<p>c</p> <p>31. C Section</p>	 <p>32. Downward Facing Dog Pose Adho Mukha Svanasana</p>	 <p>33. Three Legged Downward Facing Dog Pose Tri Pada Adho Mukha Svanasana</p>	 <p>34. Downward Facing Dog Pose Knee To Nose Adho Mukha Svanasana Knee To Nose</p>	 <p>35. Side Plank Variation Raised Leg Vasisthasana Variation Raised Leg</p>	 <p>36. Wild Thing Pose Camatkarasana</p>



37. Low Lunge Pose



38. High Lunge Pose Variation  
Arms Behind Ashta  
Chandrasana Variation Hasta  
Behind



39. High Lunge Pose Ashta  
Chandrasana



40. Warrior Pose II  
Virabhadrasana II



41. Warrior Pose III  
Virabhadrasana III



42. Standing Hand To Big Toe  
Pose In Front Utthita Hasta  
Padangusthasana In Front



43. Pistol Squat Pose Holding  
Foot Eka Pada Padangusthasana  
Squat



44. Head to Knee Pose Janu  
Sirsasana



45. Wild Thing Pose Knee to  
Floor Variation Camatkarasana  
Variation

## Optional Vinyasa

46. Optional Vinyasa Section