



























 <p>1. Reverse Pigeon Pose Sucirandhrasana</p>	 <p>2. Chair Pose</p>	 <p>3. Standing Forward Fold Pose Uttanasana</p>	 <p>4. Chair Pose</p>	 <p>5. Toe Balance Prapadasana</p>	 <p>6. Half Chair Pose Ardha Utkatasana</p>
 <p>7. Tree Pose Vrksasana</p>	<p>O.S.</p>	 <p>9. Downward Facing Dog Pose Adho Mukha Svanasana</p>	 <p>10. Three Legged Downward Facing Dog Pose Tri Pada Adho Mukha Svanasana</p>	 <p>11. High Lunge Pose Ashta Chandrasana</p>	 <p>12. High Lunge Pose Variation Arms Extended Forward Ashta Chandrasana Variation Uttana Hasta</p>
<p>Vinyasa</p> <p>13. Vinyasa Section</p>	<p>O.S.</p>	 <p>15. Downward Facing Dog Pose Adho Mukha Svanasana</p>	 <p>16. Three Legged Downward Facing Dog Pose Tri Pada Adho Mukha Svanasana</p>	 <p>17. High Lunge Pose Ashta Chandrasana</p>	 <p>18. Crescent High Lunge Pose Arms On Hips Flow Ashta Chandrasana Arms On Hips Vinyasa</p>
 <p>19. High Lunge Pose Variation Arms Extended Forward Ashta Chandrasana Variation Uttana Hasta</p>	<p>Vinyasa</p> <p>20. Vinyasa Section</p>	<p>O.S.</p>	 <p>22. Downward Facing Dog Pose Adho Mukha Svanasana</p>	 <p>23. Three Legged Downward Facing Dog Pose Tri Pada Adho Mukha Svanasana</p>	 <p>24. High Lunge Pose Ashta Chandrasana</p>
 <p>25. Warrior Pose II Virabhadrasana II</p>	 <p>26. High Lunge Pose Ashta Chandrasana</p>	 <p>27. High Lunge Pose Variation Arms Extended Forward Ashta Chandrasana Variation Uttana Hasta</p>	<p>Vinyasa</p> <p>28. Vinyasa Section</p>	<p>O.S.</p> <p>29. Repeat Other Side</p>	 <p>30. Downward Facing Dog Pose Adho Mukha Svanasana</p>
 <p>31. Three Legged Downward Facing Dog Pose Tri Pada Adho Mukha Svanasana</p>	 <p>32. High Lunge Pose Ashta Chandrasana</p>	 <p>33. High Lunge Pose Variation Arms Behind Ashta Chandrasana Variation Uttana Behind</p>	 <p>34. Warrior Pose III Virabhadrasana III</p>	 <p>35. Warrior III Squat Pose Virabhadrasana III Squat</p>	 <p>36. Warrior Pose III Virabhadrasana III</p>



37. Standing Wind Release Pose



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



39. Standing Hand to Big Toe Pose Utthita Hasta Padangusthasana



40. Pistol Squat Pose Holding Foot Eka Pada Padangusthasana Squat



41. Head to Knee Pose Janu Sirsasana



42. High Lunge Pose Ashta Chandrasana



43. High Lunge Pose Variation Arms Extended Forward Ashta Chandrasana Variation Uttana Hasta

Vinyasa

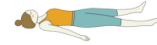
44. Vinyasa Section

O.S.

45. Repeat Other Side



46. Chair Pose



47. Corpse Pose Savasana