
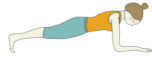




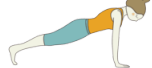



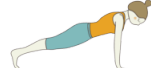


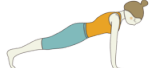











 <p>1. Table Top Pose Bharmanasana</p>	 <p>2. Balancing Table Pose Dandayamana Bharmanasana</p>	 <p>3. Forearm Plank Pose Phalakasana II</p>	 <p>4. Dolphin Pose Catur Svanasana</p>	 <p>5. Upward Forward Fold Pose Urdhva Uttanasana</p>	<p>b</p> <p>6. B Section</p>
 <p>7. Crane Pose Bakasana</p>	<p>c</p> <p>8. C Section</p>	 <p>9. Side Crow Pose Parsva Bakasana</p>	 <p>10. Plank Pose Phalakasana</p>	 <p>11. Four Limbed Staff Pose Chaturanga Dandasana</p>	 <p>12. Upward Facing Dog Pose Urdhva Mukha Svanasana</p>
 <p>13. Four Limbed Staff Pose Chaturanga Dandasana</p>	 <p>14. Plank Pose Phalakasana</p>	 <p>15. Downward Facing Dog Pose Adho Mukha Svanasana</p>	<p>x3</p> <p>16. Repeat 3</p>	 <p>17. Downward Facing Dog Pose Adho Mukha Svanasana</p>	 <p>18. Plank Pose Phalakasana</p>
 <p>19. Side Plank Pose Vasisthasana</p>	 <p>20. Side Plank Pose Crunch Alternative Elbow Knee Vasisthasana Crunch Alternative Elbow Knee</p>	 <p>21. Three Legged Downward Facing Dog Pose Tri Pada Adho Mukha Svanasana</p>	 <p>22. Plank Pose Knee To Elbow Same Side Phalakasana Knee To Elbow Same Side</p>	 <p>23. Side Plank Variation Raised Leg Vasisthasana Variation Raised Leg</p>	 <p>24. Wild Thing Pose Camatkarasana</p>
<p>c</p> <p>25. C Section</p>	 <p>26. One-Legged Insect Pose Eka Hasta Bhujasana</p>	 <p>27. Eight Angle Pose Astavakrasana</p>	 <p>28. Low Lunge Pose</p>	 <p>29. Low Lunge Pose Side Bend Parsva Anjaneyasana</p>	 <p>30. High Lunge Pose Ashta Chandrasana</p>



31. Handstand Hop Warrior I
Pose Flow Adho Mukha
Vrksasana Hop Virabhadrasana I
Vinyasa

Optional Vinyasa

32. Optional Vinyasa Section

O.S.

33. Repeat Other Side



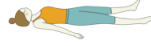
34. Downward Facing Dog Pose
Adho Mukha Svanasana



35. Bunny Hops Pose
Handstand Prep



36. Fish Pose Bolster Variation
Head On Floor Matsyasana
Bolster Variation Head On Floor



37. Corpse Pose (IRT)
Savasana (IRT)