



Classic Monday Flow

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Anjaneyasana



**Saral Parivrtta
Parsvakonasana**



**Utthita
Parsvakonasana**



**Viparita
Virabhadrasana**



Virabhadrasana II



**Trikonasana
Variation Hand On
Shin**



**Upavistha Tadasana
Hands On Hips**



**Prasarita
Padottanasana**



Beginner Vrksasana



Uttanasana



**Navasana Variation
1**



Vakrasana



**Ardha Baddha
Konasana Variation
Forward Bend**



Tarasana



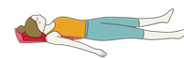
Paschimottanasana



**Supta
Matsyendrasana I**



Viparita Karani



Savasana Blanket