



Mountain



Mountain with Arms Up



Standing Forward Bend



Halfway Lift



Lunge on the Knee



Plank



Four Limbed Staff



Upward-Facing Dog



Downward-Facing Dog



One Legged Downward-Facing Dog



Lunge



Crescent Lunge on the Knee



Halfway Lift



Standing Forward Bend



Crescent Moon



Mountain

Sun Salutation C

August 17, 2015 • 1:20 • 16 Poses

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POCKET
YOGA