

20B Inhale-Exhale 2m



19. Sun Salutation B Surya Namaskar B

14B Inhale-Exhale 2m



20. Classic Sun Salutation Variation Classic Surya Namaskar Variation

6B Inhale-Exhale 1m



21. Mountain Pose Cactus Arms Tadasana Cactus Arms

6B Inhale-Exhale 1m



22. Tree Pose Volcano Pose Arms Vrksasana Urdhva Hastasana

6B Inhale-Exhale 1m



23. Goddess Pose Eagle Arms Utkata Konasana Garudasana

6B Inhale-Exhale 1m



24. Warrior Pose I Eagle Arms Virabhadrasana I Garudasana

6B Inhale-Exhale 1m



25. Chair Pose Variation Eagle Arms Utkatasana Variation Eagle Arms

6B Inhale-Exhale 1m



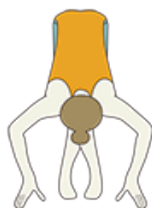
26. Chair Pose Cactus Arms Utkatasana Cactus Arms

6B Inhale-Exhale 1m



27. Eagle Pose Garudasana

6B Inhale-Exhale 1m



28. Standing Forward Fold Pose Cross Legged Uttanasana

Cross Legged

6B Inhale-Exhale 1m



29. Eagle Pose Garudasana

56B Inhale-Exhale 10m

O.S.

30. Repeat Other Side

6B Inhale-Exhale 1m



31. Garland Pose Hands Forward Malasana Hands Forward

6B Inhale-Exhale 1m



32. Caterpillar Pose

12B Inhale-Exhale 2m



33. Wind Release Pose Pawanmuktasana