

Yoga Poses

Warm Ups/Stabilization

Neck Stretches

Seated Vinyasa

Cat/Cow

Sun Bird (Chakrasana)

Wag the Dog

Thread the Needle

Knee to Chest (Apanasana)

Leg Stretches

Plank (Chaturanga Dandasana)

Standing Poses

Mountain (Tadasana)

Downward Dog (Adho Mukha Svanasana)

Chair (Utkatasana)

Goddess (Deviasana)

Warrior II (Virabhadrasana II)

Warrior I (Virabhadrasana I)

Lateral Angle (Parsvokanasana)

Triangle (Trikonasana)

Separate Leg Head to Knee/Straight Legged Runners Stretch (Parsvottanasana)

Rotated Triangle (Parivritta Trikonasana)

Hip Openers

Squat (Malasana)

Bound Angle/Butterfly (Baddha Konasana)

Cow's Head (Gomukhasana)

Pigeon (Kapotasana)

Frog (Mandukasana)

Runner (Ashwa Sanchalasana)

Backbends

Sphinx (Ardha Bhujangasana)

Cobra (Bhujangasana)

Locust (Shlabhasana)

Boat (Navasana)

Bow (Dhanurasana)

Bridge (Setubandhasana)

Camel (Ustrasana)

Lateral Bends

Half Moon (Ardha Chadrasana)

Gate (Parighasana)

Twists

Seated Spinal Twist (Ardha Matsyendrasana)

Rotated Head to Knee (Parivritta Janusirshasana)

Marichi Twist (Parivritta Marichyasana)

Knee Down Twist (Jathara Parivartanasana)

Rotated Separate Leg Forward Fold (Parivritta Prasarita Padottanasana)

Forward Bends

Staff (Dandasana)

Child (Garbhasana)

Seal of Yoga (Yoga Mudra)

Head to Knee (Janusirshasana)

Seated Forward Bend (Paschimottanasana)

Seated Angle (Upavista Konasana)

Separate Leg Forward Fold (Prasarita Padottanasana)

Standing Forward Bend (Uttanasana)

Balance

Tree (Vriksasana)

Dance (Natarajasana)

Eagle (Garudasana)

Balancing Half Moon (Ardha Chandrasana)

Warrior III (Virabhadrasana III)

Crow (Kakasana)

Side Arm Balance (Vasisthasana)

Inversions

Shoulder Stand/Half Shoulder Stand (Ardha Sarvangasana)

Plow (Halasana)

Reverse Process/Leg Up The Wall (Viparita Karani)

Head Stand (Sirshasana)

Hand Stand (Adho Mukha Vriksasana)

Corpse (Savasana)