



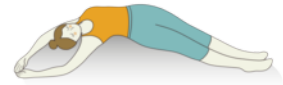
1. Constructive Rest Pose
Savasana Variation Bent Legs



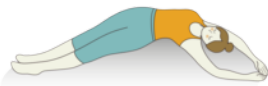
2. Supine Spinal Twist
Pose II Supta
Matsyendrasana II



3. Supine Spinal Twist
Pose II Supta
Matsyendrasana II



4. Banana Pose
Bananasana



5. Banana Pose
Bananasana



6. Wind Release Pose
Pawanmuktasana



7. Winged Dragon



8. Twisted Dragon



9. Winged Dragon



10. Twisted Dragon



11. Cow Face Pose with
Eagle Arms Gomukhasana
Variation 1



12. Cow Face Pose Eagle
Arms Forward Bend
Gomukhasana Garudaasana
Variation



13. Crocodile Pose
Makarasana



14. Sphinx Pose Salamba
Bhujangasana



15. Reclining Bound Angle
Pose Supta Baddha
Konasana



16. Reclined Butterfly With
Bolster Supta Baddha
Konasana Bolster



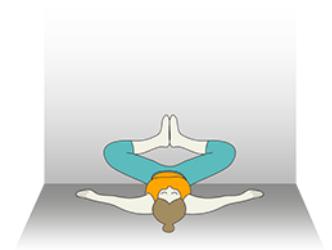
17. Wind Release Pose
Pawanmuktasana



18. Legs up the Wall Pose
Viparita Karani



19. Legs Up The Wall Pose
Bolster Viparita Karani
Bolster



20. Wall Butterfly Pose
Wall Baddha Konasana



21. Corpse Pose (IRT)
Savasana (IRT)



22. Corpse Pose Variation
Bolster Savasana Variation
Bolster



23. Single Nostril Breath
Chandra Bhedana Pranayama

24. Sa - Index-Thumb
Ta - Mid-Thumb
Na - Ring-Thumb
Ma - Pinky-Thumb