

Asana: Abdominal Breathing (1, Abdominal Breathing)



Variation 1



2

Asana: Adho Mukha Vrksasana (2, Handstand)



Variation 1



2



3

Asana: Advasana (3, Reversed Corpse Pose)



Variation 1

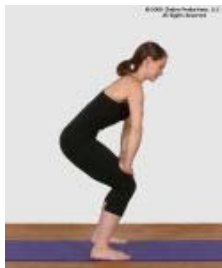


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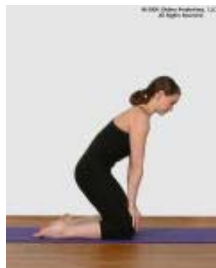


3

Asana: Agnisara Kriya (4, Awakening Digestive Fire Practice)



Variation 1



2

Asana: Ancient Tibetan Rite #1 (5, Spinning)



Variation 1

Asana: Ancient Tibetan Rite #2 (6, Abdominal Core Work)



Variation 1



2

Asana: Ancient Tibetan Rite #3 (7, Camel Like Pose)



Variation 1



2

Asana: Ancient Tibetan Rite #4 (8, Modified Forward Extension (Table Pose))



Variation 1



2

Asana: Ancient Tibetan Rite #5 (9, Upward Dog to Downward Dog Flow)



Variation 1

Asana: Apanasana (10, Knees to Chest Pose)

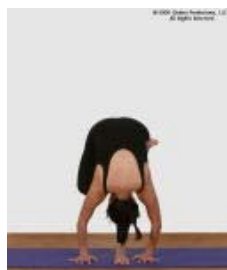


Variation 1

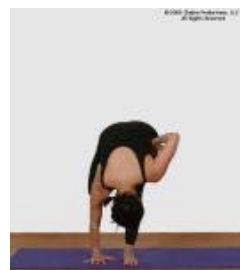


2

Asana: Ardha Baddha Padmottanasana (11, Half Bound Lotus Intense Stretch Pose)



Variation 1



2



3

Asana: Ardha Chandrasana (12, Half Moon Pose)



Variation 1



2



3



4



5

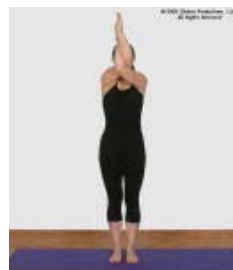


6

Asana: Ardha Garundasana - Arms Only (13, Half Eagle Pose with Arms Only)



Variation 1



2

Asana: Ardha Matsyendrasana (14, Half Lord of the Fishes Pose)



Variation 1



2



3



4

Asana: Ardha Salabhasana (15, Half Locust Pose)



Variation 1



2

Asana: Ardha Samakonasana (16, Half Spider Pose)



Variation 1



2

Asana: Ardha Supta Virasana (17, Half Reclining Hero Pose)



Variation 1



2



3

Asana: Ardha Ustrasana (18, Half Camel Pose)



Variation 1



2



3

Asana: Ardha Uttanasana with Support (19, Half Standing Forward Bend with Support)



Variation 1



2



3



4

Asana: Baddha Konasana - Forward Restorative (20, Bound Angle Pose - Forward Restorative)



Variation 1

Asana: Bakasana (Standing) (21, Crane Pose (Standing))



Variation 1



2

Asana: Balasana - Wide Legged (22, Child's Pose - Wide Legged)



Variation 1



2



3

Asana: Balasana to Bhujangasana Vinyasa (23, Child's Pose to Cobra Flow)



Variation 1



2



3

Asana: Bidalāsana with Leg Extension (24, Cat and Dog Pose with Leg Extension)



Variation 1

Asana: Chaturanga Dandasana - Knee Variation (25, Four Limbed Staff Pose - Knee Variation)



Variation 1



2

Asana: Chest Opener Flow (26, Chest Opener)



Variation 1

Asana: Clavicular Breathing (27, Clavicular Breathing)



Variation 1



2

Asana: Cow Tilt Shoulder and Neck Release - Extension (28, Cow Tilt Shoulder and Neck Release - Extension)



Variation 2



3

Asana: Dhanurasana (29, Bow Pose)



Variation 1



2

Asana: Dhyana Virasana (30, Hero's Pose with Legs Crossed)



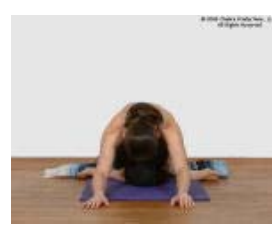
Variation 1



2



3



4

Asana: Druta Halasana (31, Dynamic Plough Pose)



Variation 1



2

Asana: Dwikonasana (32, Double Angle Pose)



Variation 1



2

Asana: Eka Pada Adho Mukha Svanasana (33, One legged Downward Facing Dog)



Variation 1



2

Asana: Eka Pada Rajakapotasana Variation (34, Pigeon Pose Variations)

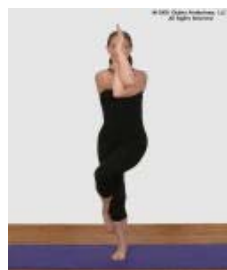


Variation 1



2

Asana: Garudasana (35, Eagle Pose)

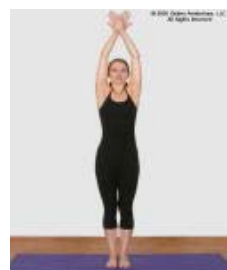


Variation 1



2

Asana: Hasta Uttanasana (36, Raised Arms Pose)



Variation 1



2

Asana: Jathara Parivartanasana - Extended Legs (37, Revolved Abdomen Pose - Extended Legs)



Variation 1



2

Asana: Jhulana Lurhakanasana (38, Rocking and Rolling)



Variation 1



2



3

Asana: Kapalbhāti Pranayama (39, Cleansing Breath)

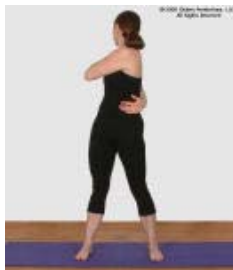


Variation 1

Asana: Kati Chakrasana (40, Waist Rotating Pose)



Variation 1



2



3

Asana: Malasana Variations (41, Garland Pose Variations (yogi squats))



Variation 1



2



3

Asana: Malasana with Side Stretch (42, Yogi Squat with Side Stretch)



Variation 1



2



3

Asana: Nadi Shodhana Pranayama (43, Alternate Nostril Breathing)



Variation 1

Asana: Natarajasana (44, Dancer's Pose)



Variation 1



2



3

Asana: Natural Breathing (45, Natural Breathing)



Variation 1

Asana: Parivrtta Ardha Chandrasana (46, Revolved Half Moon Pose)



Variation 1



2



3

Asana: Parivrtta Hasta Padangusthasana (47, Revolved Extended Hand to Big Toe Pose)



Variation 1



2



3



4



5



6

Asana: Parivrtta Sukhasana (48, Revolved Easy Pose)



Variation 1



2

Asana: Parivrtta Tadasana (49, Revolved Mountain Pose)



Variation 1

Asana: Parivrtta Upavishta Konasana (50, Revolved Open Angle Pose (with a twist))



Variation 1



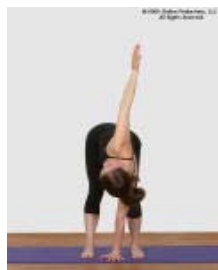
2

Asana: Parivrtta Utkatasana (51, Chair Pose with a Twist (Twisting Squat))



Variation 1

Asana: Parivrtti Uttanasana (52, Revolved Standing Forward Bend)



Variation 1

Asana: Parsva Bakasana (53, Side Angle Crane Pose)



Variation 1



2

Asana: Savasana (54, Corpse Pose)



Variation 1



2



3



4



5

Asana: Shoulder Stretch (Standing) (55, Shoulder Stretch (Standing))



Variation 1



2

Asana: Side Shoulder Opener (56, Shoulder Opener - One Side)



Variation 1

Asana: So Hum Meditation (57, I Am That Meditation)



Variation 1

Asana: Sphinx Asana (58, Sphinx Pose)



Variation 1



2

Asana: Still Back with Elbow Press (59, Still Back with Elbow Press)



Variation 1



2

Asana: Still Back with Shoulder Opener - Pullover (60, Still Back with Shoulder Opener - Pullover)



Variation 1



2

Asana: Still Back with Support (61, Still Back with Support)



Variation 1



2

Asana: Sukhasana Neck Stretch (62, Easy Pose with Neck Stretch)



Variation 1



2

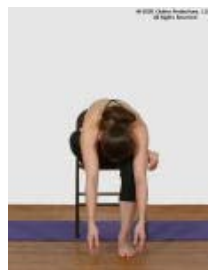


3

Asana: Sukhasana on a Chair (63, Easy Pose on a Chair)



Variation 1



2

Asana: Sukhasana Square (64, Square Pose (Easy Pose with legs square))



Variation 1



2

Asana: Sukhasana with Arm Flow (65, Easy Pose with Arm Flow)



Variation 1



2

Asana: Sukhasana with Flow (66, Easy Pose with Flow)



Variation 1



2

Asana: Supta Eka Pada Rajakapotasana (67, Supine Pigeon Pose)



Variation 1



2



3

Asana: Supta Parivrtta Trikonasana (68, Supine Revolved Triangle Pose)



Variation 1



2

Asana: Supta Parsvakonasana (69, Reclining Side Stretch Pose)



Variation 1

Asana: Supta Salamba Parivartanasana (70, Forward Reclining Supported Twist Pose)



Variation 1



2

Asana: Supta Urdhva Parivartanasana (71, Reclining Elevated Twist)



Variation 1

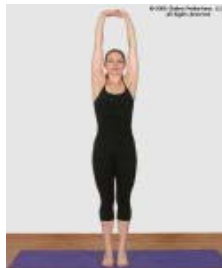


2

Asana: Tadasana (72, Mountain Pose)



Variation 1



2



3

Asana: Tadasana with Shoulder Stretch (73, Mountain Pose with Shoulder Stretch)



Variation 1

Asana: Thoracic Breathing (74, Thoracic Breathing)



Variation 1



2

Asana: Tiryaka Bhujangasana (75, Twisting Cobra Pose)



Variation 1



2

Asana: Tiryaka Tadasana (76, Swaying Palm Tree Pose)



Variation 1

Asana: Ujjayi Pranayama (77, Psychic Breath)



Variation 1



2

Asana: Upavishta Konasana with Arm Stretch (78, Open Angle Pose with Arm Stretch)



Variation 1



2



3

Asana: Upavishta Konasana with Flow (79, Open Angle Pose with Flow)

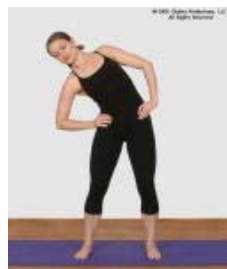


Variation 1



2

Asana: Upper Spine Warming I (80, Upper Spine Warming I)



Variation 1

Asana: Upper Spine Warming II (81, Upper Spine Warming II)



Variation 1

Asana: Urdhva Prasarita Eka Padasana (82, Standing Splits)



Variation 1



2

Asana: Urdhva Ustrasana (83, Standing Camel Pose)



Variation 1



2

Asana: Uttanasana with the Wall (84, Standing Forward Bend with the Wall)



Variation 1



2

Asana: Vasisthasana (85, Side Plank Pose (dedicated to the sage Vasistha))



Variation 1



2



3



4

Asana: Vinyasa (High Plank, Chaturanga, Updog, Downdog) (86, Flow)



Variation 1



2

Asana: Vipariti Karani with Baddha Konasana Legs (87, Restful Inversion with Bound Angle Legs)



Variation 1



2



3

Asana: Vipariti Karani with Upavishta Konasana (88, Restful Inversion with Wide Legs Spread)



Variation 1



2



3

Asana: Virabhadrasana II - Reversed (89, Warrior II - Reversed)



Variation 1

Asana: Virabhadrasana III (90, Warrior III)



Variation 1



2



3



4

Asana: Virasana Flow (91, Hero Pose Flow)



Variation 1



2

Asana: Yogamudrasana (92, Psychic Union Pose)



Variation 1



2



3

Asana: Yogi Stomach Crunch (93, Supine Stomach Crunch)



Variation 1



2



3



4

Asana: Yogic Breathing (94, Yogic Breathing)



Variation 1



2