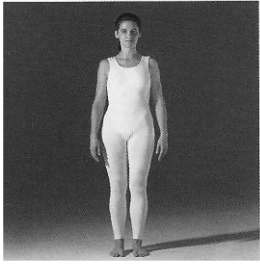
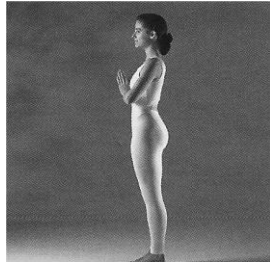


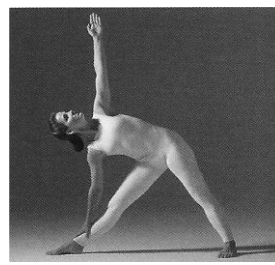
Sequence 2 from Yoga: Mastering the Basics by Sandra Anderson and Rolf Sovik, Psy.D.



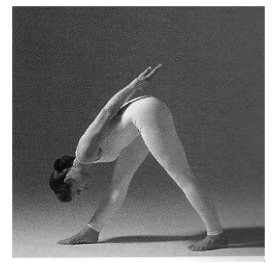
1. Mountain
Tadasana



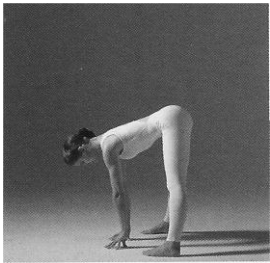
2. Sun Salutation
Surya Namaskara



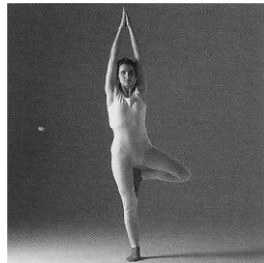
3. Triangle Pose
Trikonasana



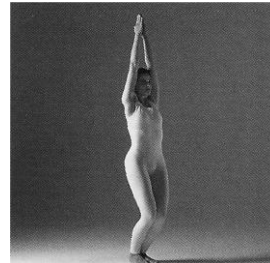
4. Angle Pose
Parshvottanasana



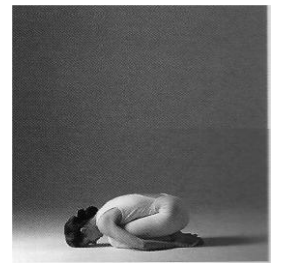
5. Standing Spread-
Legged forward bend
Prasarita Padottanasana



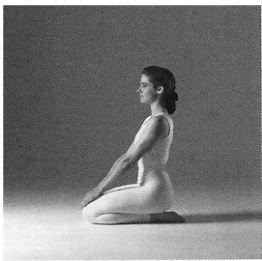
6. Tree Pose
Vrikshasana



7. Chair Pose
Utkatasana



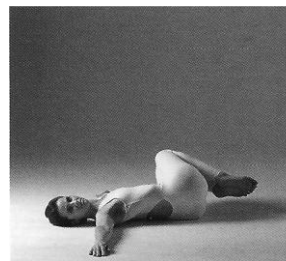
8. Child's pose
Balasana



9. Kneeling Pose
Vajrasana



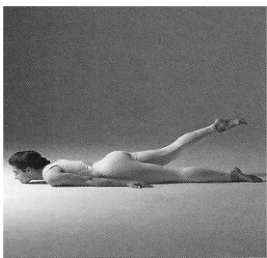
10. Beginning Fire Series
Single Leg lifts & Bicycling



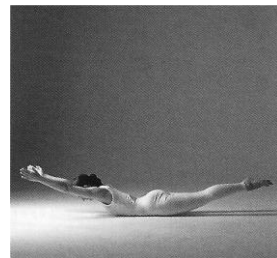
11. Reclining Twist



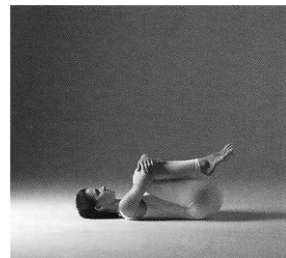
12. Cobra Pose
Unsupported
Bhujangasana



13. Locust Pose
Shalabhasana



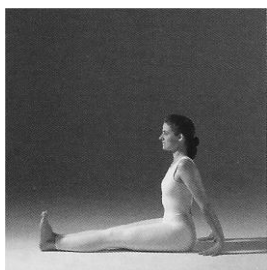
14. Boat Pose
Navasana or Naukasana



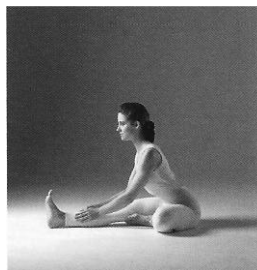
15. Knees-to-Chest Pose
Pavanamuktasana



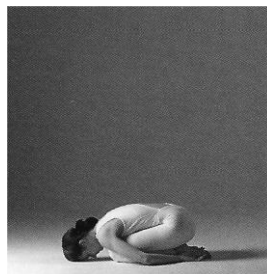
16. Preparation
for Pigeon pose
Kapotasana



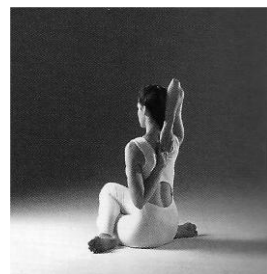
17. Staff Pose
Dandasana



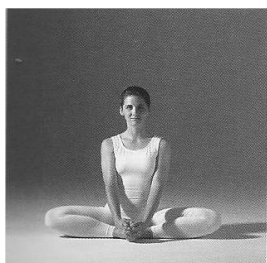
18. Head to Knee Pose
Janu Shirshasana



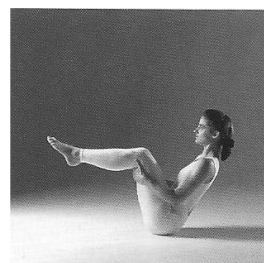
19. Child's Pose
Balasana



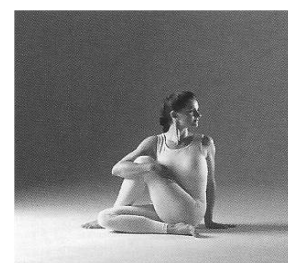
20. Cow's Face Pose
Gomukhasana



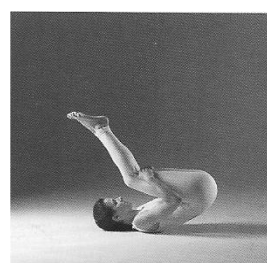
21. Butterfly Pose
Baddha Konasana



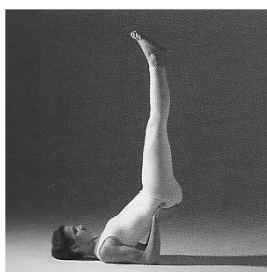
22. Hip Balance
Sequence



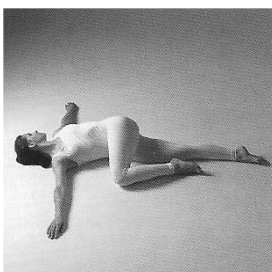
23. Seated Spinal Twist
Ardha Matsyendrasana



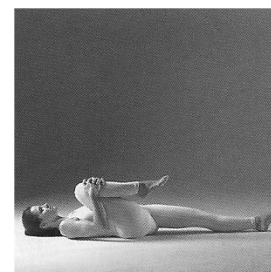
24. Rocking Chair



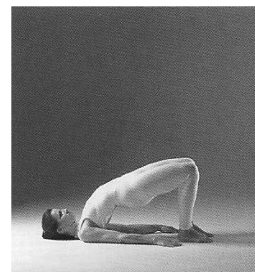
25. Inverted Action Pose
Viparita Karani



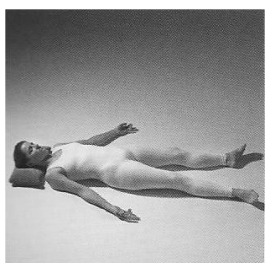
26. Reclining Twist
Variation



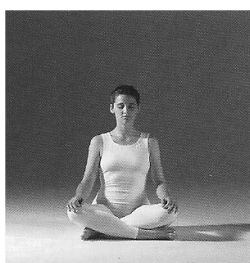
27. Knees-to-Chest Pose
Pavanamuktasana



28. Arch pose



29. Corpse Pose
Shavasana



30. Seated Breath Awareness