

• 45 mins • beginner

## Arrival & Warmup



1. **Easy Pose Cactus Arms** •  
Sukhasana Cactus Arms



2. **Easy Pose Forward Bend** • Adho  
Mukha Sukhasana



3. **Revolved Easy Pose** • Parivrtta  
Sukhasana



4. **Easy Pose Variation Arms Up** •  
Sukhasana Variation Arms Up



5. **Revolved Easy Pose** • Parivrtta  
Sukhasana



6. **Cat Cow Pose** • Bitilasana  
Marjaryasana



7. **Cat Cow Child Pose Flow** •  
Bitilasana Marjaryasana Balasana  
Vinyasa



8. **Sun Salutation A** • Surya  
Namaskar A

## Main section



9. Crescent Low Lunge Half Splits Pose Airplane Arms Flow •  
Anjaneyasana Ardha  
Hanumanasana Hasta Vimanasana  
Vinyasa



10. Downward Facing Dog Pose •  
Adho Mukha Svanasana



11. Crescent Low Lunge Half Splits Pose Airplane Arms Flow •  
Anjaneyasana Ardha  
Hanumanasana Hasta Vimanasana  
Vinyasa



12. Downward Facing Dog Pose •  
Adho Mukha Svanasana



13. Triangle Pose Hand On Hip •  
Trikonasana Hand On Hip



14. Lizard Pose Variation One Knee On Floor Arms Stretched Forward •  
Utthan Pristhasana  
Variation One Knee On Floor Arms Stretched Forward



15. Revolved Low Lunge Pose Knee On The Floor •  
Parivrtta  
Anjaneyasana Knee On The Floor



16. Lizard Pose Variation One Knee On Floor Arms Stretched Forward •  
Utthan Pristhasana  
Variation One Knee On Floor Arms Stretched Forward



17. Revolved Low Lunge Pose Knee On The Floor •  
Parivrtta  
Anjaneyasana Knee On The Floor

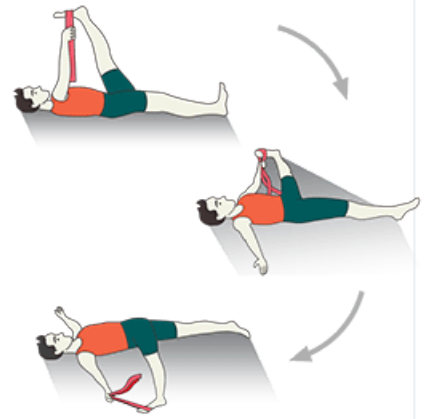
## Cool down and finale



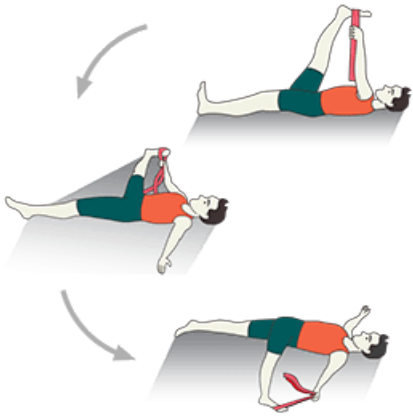
18. Head to Knee Pose • Janu  
Sirsasana



19. Head to Knee Pose • Janu  
Sirsasana



20. Revolved Reclined Big Toe  
Pose Strap Flow • Privrtta Supta  
Padangusthasana Strap Vinyasa



21. Revolved Reclined Big Toe  
Pose Strap Flow • Privrtta Supta  
Padangusthasana Strap Vinyasa



22. Corpse Pose • Savasana



23. Easy Pose • Sukhasana