

GODDESS POSE



CHALLENGE TO CHANGE

DOWNWARD DOG



CAT



COW



MOUNTAIN



UPWARD DOG



WARRIOR I



WARRIOR II



TREE



REVERSE WARRIOR



FORWARD FOLD



WARRIOR III



PIGEON



RESTING POSE



CHAIR



PLANK



WIDE LEGGED FORWARD FOLD



1

My Magic Movement Yoga Sequence

2

3

4

5

6

7

8

9



CHALLENGE
TO CHANGE

www.challengetochangeinc.com