

Basic Yoga Class (30+2)

List of Poses

1. Standing Deep Breathing - 2 sets
2. Sun Salutation - 2 sets
3. Half Moon + Hands to Feet - 2 sets
4. Awkward - 2 sets
5. Eagle - 2 sets

Party Time

6. Standing Head to Knee + Standing Bow - 2 sets
7. Balancing Stick - 2 sets
8. Standing Separate Leg Stretching + Triangle - 2 sets
9. Standing Separate Leg Head to Knee - 2 sets
10. Tree - 2 sets
11. Relaxation
12. Wind Removing - 2 sets
13. Leg Raises - 2 sets
14. Sit Up
15. Cobra - 2 sets
16. Locust - 2 sets
17. Full Locust - 2 sets
18. Bow - 2 sets
19. Low Plank - 2 sets
20. Fixed Firm + Half Tortoise - 2 sets
21. Camel + Rabbit - 2 sets

- 22. Head to Knee + Stretching + Upward Plank - 2 sets
- 23. Spine Twisting - 2 sets
- 24. Kapalbhathi - 2 sets
- 25. Relaxation