

1. Sun salutation X 10
2. Tadasana (Mountain Pose)
3. Namaskar
4. Tadasana – 2
5. Vrukshasana - 1
6. Vrukshasana – 2
7. Utkatasana (Chair Pose)
8. Anjaneyasana (Low Lunge Pose)
9. Virbhadrasana – 1 (High Lunges Pose)
10. Virbhadrasana – 2 (High Lunges Pose)
11. Prasarita Padottanasana (wide leg and head down)
12. Trikonasana
13. Parivrtta trikonasana
14. Utthita Hasta Padangusthasana (side leg hold)
15. (Pull folded-leg at upfront side)
16. Virbhadrasana - 3
17. Natarajasana
18. Vajrasana - 1
19. Shashankasana – 2 (Holding hands at lower back)
20. Shashankasana – 3 (Holding hands at tummy)
21. Shashankasana – 1
22. Marjaryasana & Bitilasana (Cat Cow Pose)
23. Uttana Shishosana
24. Ardha Ustrasana
25. Ustrasana
26. Suptra Vajrasana – (Folded neck)
27. Suptra Vajrasana- (Neck Rest)
28. Singhasana
29. Prapadasana (Toe Balance)
30. Prapadasana (Toe on Hip Balance )
31. Malasana
32. Bakasana (Crow Pose)
33. Baddha konasana
34. Baddha konasana – (head towards fit)
35. Dandasana
36. Janusirsasana
37. Pad-Paschimottanasana
38. Matsyendrasana
39. Gomukhasana
40. Padmasana
41. Padmasana with Back Namaskar
42. Tulasana (Padmasana on hand balance)
43. Upavistha Konasana (balance on hip with leg stretch)
44. Ardha Pavanamuktasana

45. Pavanamuktasana
46. Supta Matsyendrasana (Supine Twist)
47. Supta Matsyendrasana – 1
48. Setu Bandha Sarvangasana (Bridge pose)
49. Chakrasana
50. Viparita Karani (Legs-Up-Pose)
51. Navasana
52. Sarvangasana
53. Halasana
54. Karnapidasana (Halasana with knee-bend)
55. Matsyasana
56. Supta Baddha konasana (Leg namskar)
57. Ananda Balasana (Happy baby pose)
58. Sucirandhrasana
59. Makarasana - 1
60. Makarasana – 2 (Folded Legs)
61. Makarasana – 3 (On elbow)
62. Makarasana – 4 (Hands below chin)
63. Bhujangasana
64. Dhanurasana
65. Ardha Viparita Shalabhasana (Single hand superman pose)
66. Viparita Shalabhasana (superman pose)
67. Shalabhasana
68. Phalakasana (Plank)
69. Chaturanga Dandasana
70. Sirsasana
71. Shavasana